

Daily Meal Plan

| Day 1 | | | Day 2 | | | Day 3 | | |
|--------------------------------|------|--------------|-------------------------------|------|--------------|--------------------------------|------|--------------|
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Hardboiled egg | 1 | | 1 PK plain instant oatmeal | 1 | | 1 cup rice krispies | 1 | |
| Orange | 1 | | Apple | 1 | | 1 cup 1% milk | 1 | |
| 1 Cup Too Good Grk Yogurt | 1 | | 1 Cup white milk | 1 | | 1 banana | 1 | |
| 1 Made Good Granola Bar | 1 | | 1 GV Breadsticks/cheese | 1 | | 1 Made Good Granola Bar | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Pizza Pop | 3 | | 1 frozen burrito | 3 | | LW turkey cheese peppers | 3 | |
| Banana | 1 | | 1/4 cup sour cream | 1 | | Orange | 1 | |
| small pack of GV beef jerky | 1 | | 1 cup baby carrots | 1 | | 1 cup Too Good Gk yougurt | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Gv Stuffed Chicken Parm | 4 | | 1 can chicken noodle soup | 4 | | salad w/ lite italian dressing | 4 | |
| 1 cup broccoli | 1 | | 8 salted soda crackers | 1 | | 1/2 cut up chicken breast | 1 | |
| 1 cup sugar free Jello | 5 | | 1 fiber one brownie | 5 | | 1 fibre one cinnamon bun | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 4 | | | Day 5 | | | Day 6 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 cup plain cheerios | 1 | | 1 cup egg white SC | 1 | | 1 GV FR waffle w/SF syrup | 1 | |
| 1 cup 1% milk | 1 | | 1 slice toast w butter | 1 | | 1 GV FR waffle/w SF syrup | 1 | |
| 1 banana | 1 | | 25g SH Marble cheese | 1 | | 1 apple | 1 | |
| 1 GV Breadstick and Cheese | 1 | | 1 cup Baby carrots | 1 | | 1 Made Good Granola Bar | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Steamers Fr Meal | 3 | | 1 Pizza Pop | 3 | | 1 Steamers Fr Meal | 3 | |
| 1 cup Too Good grk Yougurt | 1 | | 1 cup Strawberries | 1 | | Banana | 1 | |
| 1/2 SL cucumber w vinegar | 1 | | Made good Strawberry bites | 1 | | small pack of GV beef jerky | 1 | |
| 500 ml Water | 2 | | 500ml Coke Zero | 2 | | 500ml Coke Zero | 2 | |
| salad w/ lite italian dressing | 4 | | 1/2 Gv Cheese Pizza (thin) | 4 | | 8 GV Chicken Nuggets | 4 | |
| 1/2 cut up chicken breat | 1 | | 1 cup broccoli | 1 | | 1 cup Gv AF Fries | 1 | |
| 2 cups of salted pocorn | 5 | | 1 fibre one brownie | 5 | | 1 fibre one cinnamon bun | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 7 | | | Day 8 | | | Day 9 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 cup egg white Sc | 1 | | 1 cup corn flakes | 1 | | 1 PK plain instant oatmeal | 1 | |
| 3 pieces of GV FC Bacon | 1 | | 1 cup 1% milk | 1 | | Apple | 1 | |
| 1 slice of toast wi butter | 1 | | 1 cup blueberries | 1 | | 1 Cup Grk Yogurt | 1 | |
| 1 mango | 1 | | 1 pack of GV fruit snack | 1 | | 1 cup grapes | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 GV FR meal | 3 | | 1 GV FR meal | 3 | | 1 Pizza Pop | 3 | |
| 1 cup blueberries | 1 | | 1 orange | 1 | | Banana | 1 | |
| 1 cheese string | 1 | | 1 Too Good yogurt cup | 1 | | small pack of GV beef jerky | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 GV stuffed chicken parm | 4 | | 1 Gv Broccoli stuffed chicken | 4 | | 1 LW lean angus burger | 4 | |
| 1 cup broccoli | 1 | | 1 cup baby carrots | 1 | | 1 cup GV AF fries | 1 | |
| 1 cup sugar free pudding | 5 | | 1 fibre one brownie | 5 | | 2 cups salted popcorn | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |

Short form LEGEND

- LW means lettuce wrapped
- GV means Great Value Brand (walmart)
- SC means Scrambled
- AF means Air Fried (can also be baked in oven)
- FR Means Frozen
- SF means sugar free
- SL means sliced
- FC Fully Cooked
- PK means package
- Sp means snack pack
- BK means Burger King
- MCD means Mcdonalds
- In means instant



Daily Meal Plan

| Day 10 | | | Day 11 | | | Day 12 | | |
|-----------------------------|------|--------------|----------------------------|------|--------------|-----------------------------|------|--------------|
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 slice toast w butter | 1 | | 1 cup cheerios | 1 | | 1 cup rice krispies | 1 | |
| 1 slice toast w butter | 1 | | 1 cup 1% milk | 1 | | 1 cup 1% milk | 1 | |
| 1 cup grapes | 1 | | 1 banana | 1 | | 1 orange | 1 | |
| 1 cup 2 good yogurt | 1 | | 1 cup of grapes | 1 | | 1 cup too good yogurt | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 2 hardboiled eggs | 3 | | 1 Schneiders salami SP | 3 | | LW turkey cheese peppers | 3 | |
| 3 strips GV FC bacon | 1 | | 1 apple | 1 | | Orange | 1 | |
| 20 strawberries | 1 | | 1 cup baby carrots | 1 | | 5 deli turkey rolls | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Steamers FR meal | 4 | | 1 can chunky soup | 4 | | 1 GV stuffed Chicken parm | 4 | |
| 1 cup carrots | 1 | | 1 toast with butter | 1 | | 1 cup Gv Ar Fries | 1 | |
| 2 cups salted popcorn | 5 | | 1 Pk Dungaroos | 5 | | 1 fibre one cinnamon bun | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 13 | | | Day 14 | | | Day 15 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 GV FR waffle w/SF syrup | 1 | | 1 cup egg white Sc | 1 | | 1 cup rice krispies | 1 | |
| 1 GV FR waffle/w SF syrup | 1 | | 3 pieces of GV FC Bacon | 1 | | 1 cup 1% milk | 1 | |
| 20 strawberries | 1 | | 1 slice of toast w butter | 1 | | 1 banana | 1 | |
| 1 Made Good Granola Bar | 1 | | 1 mango | 1 | | 1 Made Good Granola Bar | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Gv Fr Meal (fett alredo) | 3 | | 1 pizza pop | 3 | | 1 Schneiders salami SP | 3 | |
| 1 toast w butter | 1 | | 1 cup blueberries | 1 | | 1 SL cucumber w vinegar | 1 | |
| small pack of GV beef jerky | 1 | | 5 deli turkey rolls | 1 | | 15 almonds | 1 | |
| 500ml Coke Zero | 2 | | 500 ml Water | 2 | | 500ml Coke Zero | 2 | |
| 2 LW taco beef w cheese tom | 4 | | 1 GV stuffed chicken parm | 4 | | 1 steamers FR meal | 4 | |
| 1 cup IN mexican rice | 1 | | 1 cup broccoli | 1 | | 1 cup baby carrots | 1 | |
| 1 baked apple | 5 | | 2 cups Salted popcorn | 5 | | 1 Fibre one brownie | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 16 | | | Day 17 | | | Day 18 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Pk plain In oatmeal | 1 | | 1 cup corn flakes | 1 | | 1 hardboiled egg | 1 | |
| 1 apple | 1 | | 1 cup 1% milk | 1 | | 3 slices FC Gv Bacon | 1 | |
| 1 Too Good grk yogurt | 1 | | banana | 1 | | 1 toast w butter | 1 | |
| cheese string | 1 | | made good strawberry bites | 1 | | 1 Made Good Granola Bar | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 burrito | 3 | | 2 LW turkey cheese pepers | 3 | | 1 Gv FR meal (spag) | 3 | |
| 1/2 cup instant rice | 1 | | 1 orange | 1 | | 1 slice toast with butter | 1 | |
| small pk of Gv beek jerky | 1 | | 1 Too Good yogurt cup | 1 | | small pack of GV beef jerky | 1 | |
| 500 ml Water | 2 | | 500 ml Coke Zero | 2 | | 500 ml Coke Zero | 2 | |
| 8 Gv Chicken nuggets | 4 | | 1/2 Gv thin pep pizza | 4 | | 1/2 Gv thin Pep Pizza | 4 | |
| 1/2 cup instant rice | 1 | | | | | | | |
| 1 cup sugar free pudding | 5 | | 1 fibre one brownie | 5 | | 2 cups salted popcorn | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |

Short form LEGEND

- LW means lettuce wrapped
- GV means Great Value Brand (walmart)
- SC means Scrambled
- AF means Air Fried (can also be baked in oven)
- FR Means Frozen
- SF means sugar free
- SL means sliced
- FC Fully Cooked
- PK means package
- BK means Burger King
- SP means snack Pack
- MCD means McDonalds
- In means instant



Daily Meal Plan

| Day 19 | | | Day 20 | | | Day 21 | | |
|--|------|--------------|-----------------------------|------|--------------|-----------------------------|------|--------------|
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 cup cheerios | 1 | | 1 GV FR waffle w/SF syrup | 1 | | 1 cup egg white SC | 1 | |
| 1 cup 1% milk | 1 | | 1 GV FR waffle/w SF syrup | 1 | | 1 slice toast w butter | 1 | |
| 1 banana | 1 | | 1 cup blueberries | 1 | | 25g SH Marble cheese | 1 | |
| 1 Made Good Granola Bar | 1 | | 1/4 watermelon | 1 | | 1 cup Baby carrots | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Pizza Pop | 3 | | 1 Gv Fr Meal | 3 | | 1 Fr burrito | 3 | |
| apple | 1 | | 1 toast w butter | 1 | | 1 cup In mexican rice | 1 | |
| small pack of GV beef jerky | 1 | | 2 Fruit to go bars | 1 | | Made good Strawberry bites | 1 | |
| 500 ml Water | 2 | | 500ml Coke Zero | 2 | | 500ml Coke Zero | 2 | |
| 1 Gv Stuffed Chicken Broc | 4 | | 2 LW taco beef w cheese tom | 4 | | 1 LW lean Aggus burger | 4 | |
| 1 cup broccoli | 1 | | 1 cup IN mexican rice | 1 | | 1 cup Gv Af fries | 1 | |
| 1 cup sugar free Jello | 5 | | 1 baked apple | 5 | | 1 Pk dunkaroos | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 22 | | | Day 23 | | | Day 24 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 cup corn flakes | 1 | | 1 PK of In plain Oatmeal | 1 | | 1 cup plain cheerios | 1 | |
| 1 cup 1% milk | 1 | | 1 apple | 1 | | 1 cup 1% milk | 1 | |
| 1 cup blueberries | 1 | | 1 cup too good grk yogurt | 1 | | banana | 1 | |
| 1/4 watermelon | 1 | | 1 cup Baby carrots | 1 | | 1/4 watermelon | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500ml water | 2 | |
| 1 scneiders Genoa SP | 3 | | 2 lw turkey cheese peppers | 3 | | 1 Fr burrito | 3 | |
| 1 orange | 1 | | 1 PK goldfish crackers | 1 | | 1/2 cup IN Mexican rice | 1 | |
| 20 cherry tomatoes | 1 | | 1 kiwi | 1 | | 20 cherry tomatoes | 1 | |
| 500 ml Water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| 8 Gv Fr chicken nuggets | 4 | | 1 can of campells Ch noodle | 4 | | 1 steamers frozen meal | 4 | |
| 1 cups Gv AF fries | 1 | | 8 salted soda crackers | 1 | | 1/2 cup IN mexican rice | 1 | |
| 1 fibre one cinnamon bun | 5 | | 1 fibre one brownie | 5 | | 1 cup SF pudding | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 25 | | | Day 26 | | | Day 27 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 slice toast with butter | 1 | | 1 cup corn flakes | 1 | | 1 PK | 1 | |
| 1 slice toast with butter | 1 | | 1 cup 1% milk | 1 | | Apple | 1 | |
| 1/4 watermelon | 1 | | banana | 1 | | 1 Cup Grk Yogurt | 1 | |
| 1 cup baby carrots | 1 | | 1 pack of GV fruit snack | 1 | | 1 Made Good Granola Bar | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 schneiders salami Sp | 3 | | 1 GV FR meal | 3 | | 1 Pizza Pop | 3 | |
| 1 mango | 1 | | 1 orange | 1 | | Banana | 1 | |
| 1/2 cucumber SL w vinegar | 1 | | 2 fruit to go bar | 1 | | small pack of GV beef jerky | 1 | |
| 500 ml Water | 2 | | 500ml Coke Zero | 2 | | 500 ml Water | 2 | |
| 1 GV stuffed chicken parm | 4 | | 1/2 GV thin cheese pizza | 4 | | 1/2 Gv thin cheese pizza | 4 | |
| 1 cup broccoli | 1 | | 1 bell pepper | 1 | | 1 cup broccoli | 1 | |
| 1 cup sugar free Jello | 5 | | 1 fibre one brownie | 5 | | 2 cups salted popcorn | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| ***Short form LEGEND*** | | | | | | | | |
| LW means lettuce wrapped | | | | | | | | |
| GV means Great Value Brand (walmart) | | | | | | | | |
| SC means Scrambled | | | | | | | | |
| AF means Air Fried (can also be baked in oven) | | | | | | | | |
| FR Means Frozen | | | | | | | | |
| SF means sugar free | | | | | | | | |
| SL means sliced | | | | | | | | |
| FC Fully Cooked | | | | | | | | |
| PK means package | | | | | | | | |
| Sp means Snack pack | | | | | | | | |
| BK means Burger King | | | | | | | | |
| MCD means Mcdonalds | | | | | | | | |
| In means instant | | | | | | | | |



Daily Meal Plan

| Day 28 | | | Day 29 | | | Day 30 | | |
|--------------------------------|------|--------------|------------------------------|------|--------------|--------------------------------|------|--------------|
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Hardboiled egg | 1 | | 1 PK plain instant oatmeal | 1 | | 1 cup rice krispies | 1 | |
| Orange | 1 | | Apple | 1 | | 1 cup 1% milk | 1 | |
| 1 Cup Too Good Grk Yogurt | 1 | | 1 Cup white milk | 1 | | 1 banana | 1 | |
| 1 Made Good Granola Bar | 1 | | 1 GV Breadsticks/cheese | 1 | | 1 Made Good Granola Bar | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Pizza Pop | 3 | | 1 frozen burrito | 3 | | LW turkey cheese peppers | 3 | |
| Banana | 1 | | 1/4 cup sour cream | 1 | | Orange | 1 | |
| small pack of GV beef jerky | 1 | | 1 cup baby carrots | 1 | | 1 cup Too Good Gk yougurt | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Gv Stuffed Chicken Parm | 4 | | 1 can chicken noodle soup | 4 | | salad w/ lite italian dressing | 4 | |
| 1 cup broccoli | 1 | | 8 salted soda crackers | 1 | | 1/2 cut up chicken breast | 1 | |
| 1 cup sugar free Jello | 5 | | 1 fiber one brownie | 5 | | 1 fibre one cinnamon bun | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 31 | | | Day 32 | | | Day 33 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 cup plain cheerios | 1 | | 1 cup egg white SC | 1 | | 1 GV FR waffle w/SF syrup | 1 | |
| 1 cup 1% milk | 1 | | 1 slice toast w butter | 1 | | 1 GV FR waffle/w SF syrup | 1 | |
| 1 banana | 1 | | 25g SH Marble cheese | 1 | | 1 apple | 1 | |
| 1 GV Breadstick and Cheese | 1 | | 1 cup Baby carrots | 1 | | 1 Made Good Granola Bar | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Steamers Fr Meal | 3 | | 1 Pizza Pop | 3 | | 1 Steamers Fr Meal | 3 | |
| 1 cup Too Good grk Yougurt | 1 | | 1 cup Strawberries | 1 | | Banana | 1 | |
| 1/2 SL cucumber w vinegar | 1 | | Made good Strawberry bites | 1 | | small pack of GV beef jerky | 1 | |
| 500 ml Water | 2 | | 500ml Coke Zero | 2 | | 500ml Coke Zero | 2 | |
| salad w/ lite italian dressing | 4 | | 1/2 Gv Cheese Pizza (thin) | 4 | | 8 GV Chicken Nuggets | 4 | |
| 1/2 cut up chicken breat | 1 | | 1 cup broccoli | 1 | | 1 cup Gv AF Fries | 1 | |
| 2 cups of salted pocorn | 5 | | 1 fibre one brownie | 5 | | 1 fibre one cinnamon bun | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 34 | | | Day 35 | | | Day 36 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 cup egg white Sc | 1 | | 1 cup corn flakes | 1 | | 1 PK plain instant oatmeal | 1 | |
| 3 pieces of GV FC Bacon | 1 | | 1 cup 1% milk | 1 | | Apple | 1 | |
| 1 slice of toast wi butter | 1 | | 1 cup blueberries | 1 | | 1 Cup Grk Yogurt | 1 | |
| 1 mango | 1 | | 1 pack of GV fruit snack | 1 | | 1 cup grapes | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 GV FR meal | 3 | | 1 GV FR meal | 3 | | 1 Pizza Pop | 3 | |
| 1 cup blueberries | 1 | | 1 orange | 1 | | Banana | 1 | |
| 1 cheese string | 1 | | 1 Too Good yogurt cup | 1 | | small pack of GV beef jerky | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 GV stuffed chicken parm | 4 | | 1 Gv Brocoli stuffed chicken | 4 | | 1 LW lean angus burger | 4 | |
| 1 cup broccoli | 1 | | 1 cup baby carrots | 1 | | 1 cup GV AF fries | 1 | |
| 1 cup sugar free pudding | 5 | | 1 fibre one brownie | 5 | | 2 cups salted popcorn | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |

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- LW means lettuce wrapped
- GV means Great Value Brand (walmart)
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Daily Meal Plan

| Day 37 | | | Day 38 | | | Day 39 | | |
|-----------------------------|------|--------------|----------------------------|------|--------------|-----------------------------|------|--------------|
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 slice toast w butter | 1 | | 1 cup cheerios | 1 | | 1 cup rice krispies | 1 | |
| 1 slice toast w butter | 1 | | 1 cup 1% milk | 1 | | 1 cup 1% milk | 1 | |
| 1 cup grapes | 1 | | 1 banana | 1 | | 1 orange | 1 | |
| 1 cup 2 good yogurt | 1 | | 1 cup of grapes | 1 | | 1 cup too good yogurt | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 2 hardboiled eggs | 3 | | 1 Schneiders salami SP | 3 | | LW turkey cheese peppers | 3 | |
| 3 strips GV FC bacon | 1 | | 1 apple | 1 | | Orange | 1 | |
| 20 strawberries | 1 | | 1 cup baby carrots | 1 | | 5 deli turkey rolls | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Steamers FR meal | 4 | | 1 can chunky soup | 4 | | 1 GV stuffed Chicken parm | 4 | |
| 1 cup carrots | 1 | | 1 toast with butter | 1 | | 1 cup Gv Ar Fries | 1 | |
| 2 cups salted popcorn | 5 | | 1 Pk Dungaroos | 5 | | 1 fibre one cinnamon bun | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 40 | | | Day 41 | | | Day 42 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 GV FR waffle w/SF syrup | 1 | | 1 cup egg white Sc | 1 | | 1 cup rice krispies | 1 | |
| 1 GV FR waffle/w SF syrup | 1 | | 3 pieces of GV FC Bacon | 1 | | 1 cup 1% milk | 1 | |
| 20 strawberries | 1 | | 1 slice of toast w butter | 1 | | 1 banana | 1 | |
| 1 Made Good Granola Bar | 1 | | 1 mango | 1 | | 1 Made Good Granola Bar | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Gv Fr Meal (fett alredo) | 3 | | 1 pizza pop | 3 | | 1 Schneiders salami SP | 3 | |
| 1 toast w butter | 1 | | 1 cup blueberries | 1 | | 1 SL cucumber w vinegar | 1 | |
| small pack of GV beef jerky | 1 | | 5 deli turkey rolls | 1 | | 15 almonds | 1 | |
| 500ml Coke Zero | 2 | | 500 ml Water | 2 | | 500ml Coke Zero | 2 | |
| 2 LW taco beef w cheese tom | 4 | | 1 GV stuffed chicken parm | 4 | | 1 steamers FR meal | 4 | |
| 1 cup IN mexican rice | 1 | | 1 cup broccoli | 1 | | 1 cup baby carrots | 1 | |
| 1 baked apple | 5 | | 2 cups Salted popcorn | 5 | | 1 Fibre one brownie | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 43 | | | Day 44 | | | Day 45 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Pk plain In oatmeal | 1 | | 1 cup corn flakes | 1 | | 1 hardboiled egg | 1 | |
| 1 apple | 1 | | 1 cup 1% milk | 1 | | 3 slices FC Gv Bacon | 1 | |
| 1 Too Good grk yogurt | 1 | | banana | 1 | | 1 toast w butter | 1 | |
| cheese string | 1 | | made good strawberry bites | 1 | | 1 Made Good Granola Bar | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 burrito | 3 | | 2 LW turkey cheese pepers | 3 | | 1 Gv FR meal (spag) | 3 | |
| 1/2 cup instant rice | 1 | | 1 orange | 1 | | 1 slice toast with butter | 1 | |
| small pk of Gv beek jerky | 1 | | 1 Too Good yogurt cup | 1 | | small pack of GV beef jerky | 1 | |
| 500 ml Water | 2 | | 500 ml Coke Zero | 2 | | 500 ml Coke Zero | 2 | |
| 8 Gv Chicken nuggets | 4 | | 1/2 Gv thin pep pizza | 4 | | 1/2 Gv thin Pep Pizza | 4 | |
| 1/2 cup instant rice | 1 | | | | | | | |
| 1 cup sugar free pudding | 5 | | 1 fibre one brownie | 5 | | 2 cups salted popcorn | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |

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 In means instant



Daily Meal Plan

| Day 46 | | | Day 47 | | | Day 48 | | |
|-----------------------------|------|--------------|-----------------------------|------|--------------|-----------------------------|------|--------------|
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 cup cheerios | 1 | | 1 GV FR waffle w/SF syrup | 1 | | 1 cup egg white SC | 1 | |
| 1 cup 1% milk | 1 | | 1 GV FR waffle/w SF syrup | 1 | | 1 slice toast w butter | 1 | |
| 1 banana | 1 | | 1 cup blueberries | 1 | | 25g SH Marble cheese | 1 | |
| 1 Made Good Granola Bar | 1 | | 1/4 watermelon | 1 | | 1 cup Baby carrots | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Pizza Pop | 3 | | 1 Gv Fr Meal | 3 | | 1 Fr burrito | 3 | |
| apple | 1 | | 1 toast w butter | 1 | | 1 cup In mexican rice | 1 | |
| small pack of GV beef jerky | 1 | | 2 Fruit to go bars | 1 | | Made good Strawberry bites | 1 | |
| 500 ml Water | 2 | | 500ml Coke Zero | 2 | | 500ml Coke Zero | 2 | |
| 1 Gv Stuffed Chicken Broc | 4 | | 2 LW taco beef w cheese tom | 4 | | 1 LW lean Aggus burger | 4 | |
| 1 cup broccoli | 1 | | 1 cup IN mexican rice | 1 | | 1 cup Gv Af fries | 1 | |
| 1 cup sugar free Jello | 5 | | 1 baked apple | 5 | | 1 Pk dunkaroos | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 49 | | | Day 50 | | | Day 51 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 cup corn flakes | 1 | | 1 PK of In plain Oatmeal | 1 | | 1 cup plain cheerios | 1 | |
| 1 cup 1% milk | 1 | | 1 apple | 1 | | 1 cup 1% milk | 1 | |
| 1 cup blueberries | 1 | | 1 cup too good grk yogurt | 1 | | banana | 1 | |
| 1/4 watermelon | 1 | | 1 cup Baby carrots | 1 | | 1/4 watermelon | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500ml water | 2 | |
| 1 scneiders Genoa SP | 3 | | 2 lw turkey cheese peppers | 3 | | 1 Fr burrito | 3 | |
| 1 orange | 1 | | 1 PK goldfish crackers | 1 | | 1/2 cup IN Mexican rice | 1 | |
| 20 cherry tomatoes | 1 | | 1 kiwi | 1 | | 20 cherry tomatoes | 1 | |
| 500 ml Water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| 8 Gv Fr chicken nuggets | 4 | | 1 can of campells Ch noodle | 4 | | 1 steamers frozen meal | 4 | |
| 1 cups Gv AF fries | 1 | | 8 salted soda crackers | 1 | | 1/2 cup IN mexican rice | 1 | |
| 1 fibre one cinnamon bun | 5 | | 1 fibre one brownie | 5 | | 1 cup SF pudding | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 52 | | | Day 53 | | | Day 54 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 slice toast with butter | 1 | | 1 cup corn flakes | 1 | | 1 PK | 1 | |
| 1 slice toast with butter | 1 | | 1 cup 1% milk | 1 | | Apple | 1 | |
| 1/4 watermelon | 1 | | banana | 1 | | 1 Cup Grk Yogurt | 1 | |
| 1 cup baby carrots | 1 | | 1 pack of GV fruit snack | 1 | | 1 Made Good Granola Bar | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 schneiders salami Sp | 3 | | 1 GV FR meal | 3 | | 1 Pizza Pop | 3 | |
| 1 mango | 1 | | 1 orange | 1 | | Banana | 1 | |
| 1/2 cucumber SL w vinegar | 1 | | 2 fruit to go bar | 1 | | small pack of GV beef jerky | 1 | |
| 500 ml Water | 2 | | 500ml Coke Zero | 2 | | 500 ml Water | 2 | |
| 1 GV stuffed chicken parm | 4 | | 1/2 GV thin cheese pizza | 4 | | 1/2 Gv thin cheese pizza | 4 | |
| 1 cup broccoli | 1 | | 1 bell pepper | 1 | | 1 cup broccoli | 1 | |
| 1 cup sugar free Jello | 5 | | 1 fibre one brownie | 5 | | 2 cups salted popcorn | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |

Short form LEGEND

- LW means lettuce wrapped
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- FC Fully Cooked
- PK means package
- Sp means Snack pack
- BK means Burger King
- MCD means Mcdonalds
- In means instant



Daily Meal Plan

| Day 55 | | | Day 56 | | | Day 57 | | |
|--------------------------------|------|--------------|-------------------------------|------|--------------|--------------------------------|------|--------------|
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Hardboiled egg | 1 | | 1 PK plain instant oatmeal | 1 | | 1 cup rice krispies | 1 | |
| Orange | 1 | | Apple | 1 | | 1 cup 1% milk | 1 | |
| 1 Cup Too Good Grk Yogurt | 1 | | 1 Cup white milk | 1 | | 1 banana | 1 | |
| 1 Made Good Granola Bar | 1 | | 1 GV Breadsticks/cheese | 1 | | 1 Made Good Granola Bar | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Pizza Pop | 3 | | 1 frozen burrito | 3 | | LW turkey cheese peppers | 3 | |
| Banana | 1 | | 1/4 cup sour cream | 1 | | Orange | 1 | |
| small pack of GV beef jerky | 1 | | 1 cup baby carrots | 1 | | 1 cup Too Good Gk yougurt | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Gv Stuffed Chicken Parm | 4 | | 1 can chicken noodle soup | 4 | | salad w/ lite italian dressing | 4 | |
| 1 cup broccoli | 1 | | 8 salted soda crackers | 1 | | 1/2 cut up chicken breast | 1 | |
| 1 cup sugar free Jello | 5 | | 1 fiber one brownie | 5 | | 1 fibre one cinnamon bun | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 58 | | | Day 59 | | | Day 60 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 cup plain cheerios | 1 | | 1 cup egg white SC | 1 | | 1 GV FR waffle w/SF syrup | 1 | |
| 1 cup 1% milk | 1 | | 1 slice toast w butter | 1 | | 1 GV FR waffle/w SF syrup | 1 | |
| 1 banana | 1 | | 25g SH Marble cheese | 1 | | 1 apple | 1 | |
| 1 GV Breadstick and Cheese | 1 | | 1 cup Baby carrots | 1 | | 1 Made Good Granola Bar | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Steamers Fr Meal | 3 | | 1 Pizza Pop | 3 | | 1 Steamers Fr Meal | 3 | |
| 1 cup Too Good grk Yougurt | 1 | | 1 cup Strawberries | 1 | | Banana | 1 | |
| 1/2 SL cucumber w vinegar | 1 | | Made good Strawberry bites | 1 | | small pack of GV beef jerky | 1 | |
| 500 ml Water | 2 | | 500ml Coke Zero | 2 | | 500ml Coke Zero | 2 | |
| salad w/ lite italian dressing | 4 | | 1/2 Gv Cheese Pizza (thin) | 4 | | 8 GV Chicken Nuggets | 4 | |
| 1/2 cut up chicken breat | 1 | | 1 cup broccoli | 1 | | 1 cup Gv AF Fries | 1 | |
| 2 cups of salted pocorn | 5 | | 1 fibre one brownie | 5 | | 1 fibre one cinnamon bun | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 61 | | | Day 62 | | | Day 63 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 cup egg white Sc | 1 | | 1 cup corn flakes | 1 | | 1 PK plain instant oatmeal | 1 | |
| 3 pieces of GV FC Bacon | 1 | | 1 cup 1% milk | 1 | | Apple | 1 | |
| 1 slice of toast w butter | 1 | | 1 cup blueberries | 1 | | 1 Cup Grk Yogurt | 1 | |
| 1 mango | 1 | | 1 pack of GV fruit snack | 1 | | 1 cup grapes | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 GV FR meal | 3 | | 1 GV FR meal | 3 | | 1 Pizza Pop | 3 | |
| 1 cup blueberries | 1 | | 1 orange | 1 | | Banana | 1 | |
| 1 cheese string | 1 | | 1 Too Good yogurt cup | 1 | | small pack of GV beef jerky | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 GV stuffed chicken parm | 4 | | 1 Gv Broccoli stuffed chicken | 4 | | 1 LW lean angus burger | 4 | |
| 1 cup broccoli | 1 | | 1 cup baby carrots | 1 | | 1 cup GV AF fries | 1 | |
| 1 cup sugar free pudding | 5 | | 1 fibre one brownie | 5 | | 2 cups salted popcorn | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |

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Daily Meal Plan

| Day 64 | | | Day 65 | | | Day 66 | | |
|-----------------------------|------|--------------|----------------------------|------|--------------|-----------------------------|------|--------------|
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 slice toast w butter | 1 | | 1 cup cheerios | 1 | | 1 cup rice krispies | 1 | |
| 1 slice toast w butter | 1 | | 1 cup 1% milk | 1 | | 1 cup 1% milk | 1 | |
| 1 cup grapes | 1 | | 1 banana | 1 | | 1 orange | 1 | |
| 1 cup 2 good yogurt | 1 | | 1 cup of grapes | 1 | | 1 cup too good yogurt | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 2 hardboiled eggs | 3 | | 1 Schneiders salami SP | 3 | | LW turkey cheese peppers | 3 | |
| 3 strips GV FC bacon | 1 | | 1 apple | 1 | | Orange | 1 | |
| 20 strawberries | 1 | | 1 cup baby carrots | 1 | | 5 deli turkey rolls | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Steamers FR meal | 4 | | 1 can chunky soup | 4 | | 1 GV stuffed Chicken parm | 4 | |
| 1 cup carrots | 1 | | 1 toast with butter | 1 | | 1 cup Gv Ar Fries | 1 | |
| 2 cups salted popcorn | 5 | | 1 Pk Dungaroos | 5 | | 1 fibre one cinnamon bun | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 67 | | | Day 68 | | | Day 69 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 GV FR waffle w/SF syrup | 1 | | 1 cup egg white Sc | 1 | | 1 cup rice krispies | 1 | |
| 1 GV FR waffle/w SF syrup | 1 | | 3 pieces of GV FC Bacon | 1 | | 1 cup 1% milk | 1 | |
| 20 strawberries | 1 | | 1 slice of toast w butter | 1 | | 1 banana | 1 | |
| 1 Made Good Granola Bar | 1 | | 1 mango | 1 | | 1 Made Good Granola Bar | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Gv Fr Meal (fett alredo) | 3 | | 1 pizza pop | 3 | | 1 Schneiders salami SP | 3 | |
| 1 toast w butter | 1 | | 1 cup blueberries | 1 | | 1 SL cucumber w vinegar | 1 | |
| small pack of GV beef jerky | 1 | | 5 deli turkey rolls | 1 | | 15 almonds | 1 | |
| 500ml Coke Zero | 2 | | 500 ml Water | 2 | | 500ml Coke Zero | 2 | |
| 2 LW taco beef w cheese tom | 4 | | 1 GV stuffed chicken parm | 4 | | 1 steamers FR meal | 4 | |
| 1 cup IN mexican rice | 1 | | 1 cup broccoli | 1 | | 1 cup baby carrots | 1 | |
| 1 baked apple | 5 | | 2 cups Salted popcorn | 5 | | 1 Fibre one brownie | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 70 | | | Day 71 | | | Day 72 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Pk plain In oatmeal | 1 | | 1 cup corn flakes | 1 | | 1 hardboiled egg | 1 | |
| 1 apple | 1 | | 1 cup 1% milk | 1 | | 3 slices FC Gv Bacon | 1 | |
| 1 Too Good grk yogurt | 1 | | banana | 1 | | 1 toast w butter | 1 | |
| cheese string | 1 | | made good strawberry bites | 1 | | 1 Made Good Granola Bar | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 burrito | 3 | | 2 LW turkey cheese pepers | 3 | | 1 Gv FR meal (spag) | 3 | |
| 1/2 cup instant rice | 1 | | 1 orange | 1 | | 1 slice toast with butter | 1 | |
| small pk of Gv beek jerky | 1 | | 1 Too Good yogurt cup | 1 | | small pack of GV beef jerky | 1 | |
| 500 ml Water | 2 | | 500 ml Coke Zero | 2 | | 500 ml Coke Zero | 2 | |
| 8 Gv Chicken nuggets | 4 | | 1/2 Gv thin pep pizza | 4 | | 1/2 Gv thin Pep Pizza | 4 | |
| 1/2 cup instant rice | 1 | | | | | | | |
| 1 cup sugar free pudding | 5 | | 1 fibre one brownie | 5 | | 2 cups salted popcorn | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |

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Daily Meal Plan

| Day 73 | | | Day 74 | | | Day 75 | | |
|--|------|--------------|------------------------------|------|--------------|-----------------------------|------|--------------|
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 cup cheerios | 1 | | 1 GV FR waffle w/SF syrup | 1 | | 1 cup egg white SC | 1 | |
| 1 cup 1% milk | 1 | | 1 GV FR waffle/w SF syrup | 1 | | 1 slice toast w butter | 1 | |
| 1 banana | 1 | | 1 cup blueberries | 1 | | 25g SH Marble cheese | 1 | |
| 1 Made Good Granola Bar | 1 | | 1/4 watermelon | 1 | | 1 cup Baby carrots | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 Pizza Pop | 3 | | 1 Gv Fr Meal | 3 | | 1 Fr burrito | 3 | |
| apple | 1 | | 1 toast w butter | 1 | | 1 cup In mexican rice | 1 | |
| small pack of GV beef jerky | 1 | | 2 Fruit to go bars | 1 | | Made good Strawberry bites | 1 | |
| 500 ml Water | 2 | | 500ml Coke Zero | 2 | | 500ml Coke Zero | 2 | |
| 1 Gv Stuffed Chicken Broc | 4 | | 2 LW taco beef w cheese tom | 4 | | 1 LW lean Aggus burger | 4 | |
| 1 cup broccoli | 1 | | 1 cup IN mexican rice | 1 | | 1 cup Gv Af fries | 1 | |
| 1 cup sugar free Jello | 5 | | 1 baked apple | 5 | | 1 Pk dunkaroos | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 76 | | | Day 77 | | | Day 78 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 cup corn flakes | 1 | | 1 PK of In plain Oatmeal | 1 | | 1 cup plain cheerios | 1 | |
| 1 cup 1% milk | 1 | | 1 apple | 1 | | 1 cup 1% milk | 1 | |
| 1 cup blueberries | 1 | | 1 cup too good grk yogurt | 1 | | banana | 1 | |
| 1/4 watermelon | 1 | | 1 cup Baby carrots | 1 | | 1/4 watermelon | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500ml water | 2 | |
| 1 scneiders Genoa SP | 3 | | 2 lw turkey cheese peppers | 3 | | 1 Fr burrito | 3 | |
| 1 orange | 1 | | 1 PK goldfish crackers | 1 | | 1/2 cup IN Mexican rice | 1 | |
| 20 cherry tomatoes | 1 | | 1 kiwi | 1 | | 20 cherry tomatoes | 1 | |
| 500 ml Water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| 8 Gv Fr chicken nuggets | 4 | | 1 can of campbells Ch noodle | 4 | | 1 steamers frozen meal | 4 | |
| 1 cups Gv AF fries | 1 | | 8 salted soda crackers | 1 | | 1/2 cup IN mexican rice | 1 | |
| 1 fibre one cinnamon bun | 5 | | 1 fibre one brownie | 5 | | 1 cup SF pudding | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
| Day 79 | | | Day 80 | | | Day 81 | | |
| Item | Menu | Substitution | Item | Menu | Substitution | Item | Menu | Substitution |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 slice toast with butter | 1 | | 1 cup corn flakes | 1 | | 1 PK Plain In oatmeal | 1 | |
| 1 slice toast with butter | 1 | | 1 cup 1% milk | 1 | | Apple | 1 | |
| 1/4 watermelon | 1 | | banana | 1 | | 1 Cup Grk Yogurt | 1 | |
| 1 cup baby carrots | 1 | | 1 pack of GV fruit snack | 1 | | 1 Made Good Granola Bar | 1 | |
| 500 ml Water | 2 | | 500 ml Water | 2 | | 500 ml Water | 2 | |
| 1 schneiders salami Sp | 3 | | 1 GV FR meal | 3 | | 1 Pizza Pop | 3 | |
| 1 mango | 1 | | 1 orange | 1 | | Banana | 1 | |
| 1/2 cucumber SL w vinegar | 1 | | 2 fruit to go bar | 1 | | small pack of GV beef jerky | 1 | |
| 500 ml Water | 2 | | 500ml Coke Zero | 2 | | 500 ml Water | 2 | |
| 1 GV stuffed chicken parm | 4 | | 1/2 GV thin cheese pizza | 4 | | 1/2 Gv thin cheese pizza | 4 | |
| 1 cup broccoli | 1 | | 1 bell pepper | 1 | | 1 cup broccoli | 1 | |
| 1 cup sugar free Jello | 5 | | 1 fibre one brownie | 5 | | 2 cups salted popcorn | 5 | |
| 500ml water | 2 | | 500ml water | 2 | | 500ml water | 2 | |
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| LW means lettuce wrapped | | | | | | | | |
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