













Sunday
Green Weekly Meal Planner

Breakfast	Snack	Lunch	Snack	Dinner	Snack
<ul style="list-style-type: none"> • Shake made with Thermojetics® Formula 1 Protein Drink Mix and 1/2 cup fresh berries 	<ul style="list-style-type: none"> • Half of a grapefruit 	<ul style="list-style-type: none"> • Shake made with Thermojetics® Formula 1 Protein Drink Mix and half of a mango 	<ul style="list-style-type: none"> • 2 cups air-popped popcorn 	<ul style="list-style-type: none"> • 2 cups green salad with dressing • 4 oz. baked chicken • 1 small baked potato • 1 cup green beans • Water, sparkling water, Thermojetics® Herbal Concentrate or N.R.G. Tea 	<ul style="list-style-type: none"> • Thermojetics® HPLC Bar or Soup or Roasted Soy Nuts with Cardia® Salt or Frozen Dessert Treat
					

Monday
Green Weekly Meal Planner

Breakfast	Snack	Lunch	Snack	Dinner	Snack
<ul style="list-style-type: none"> • Shake made with Thermojetics® Formula 1 Protein Drink Mix and half of a banana 	<ul style="list-style-type: none"> • 1 medium apple 	<ul style="list-style-type: none"> • Shake made with Thermojetics® Formula 1 Protein Drink Mix and 1/2 cup fresh or frozen strawberries 	<ul style="list-style-type: none"> • 1 cup carrot sticks 	<ul style="list-style-type: none"> • 2 cups spinach salad with dressing • 6 oz. halibut with lemon • 1 baked potato • 2 cups steamed broccoli • Water, sparkling water, Thermojetics® Herbal Concentrate or N.R.G. Tea 	<ul style="list-style-type: none"> • 2 small non-fat cookies
					

Tuesday
Green Weekly Meal Planner

Breakfast	Snack	Lunch	Snack	Dinner	Snack
<ul style="list-style-type: none"> • Shake made with Thermojetics® Formula 1 Protein Drink Mix and half of a peach 	<ul style="list-style-type: none"> • 1 medium nectarine 	<ul style="list-style-type: none"> • Shake made with Thermojetics® Formula 1 Protein Drink Mix and 1/2 cup fresh or frozen blueberries 	<ul style="list-style-type: none"> • 1 cup celery sticks 	<ul style="list-style-type: none"> • 2 cups green salad with dressing • 6 oz. grilled chicken breast • 1 cup steamed brown rice with soy sauce, ginger and garlic • 2 cups snow peas, bamboo shoots and bean sprouts • Water, Thermojetics® Herbal Concentrate or N.R.G. Tea 	<ul style="list-style-type: none"> • Thermojetics® HPLC Bar or Soup or Roasted Soy Nuts with Cardia® Salt or Frozen Dessert Treat
					







Wednesday
Green Weekly Meal Planner

Breakfast	Snack	Lunch	Snack	Dinner	Snack
<ul style="list-style-type: none"> • Shake made with Thermojetics® Formula 1 Protein Drink Mix and two small apricots 	<ul style="list-style-type: none"> • 4 whole-wheat crackers with jam 	<ul style="list-style-type: none"> • Shake made with Thermojetics® Formula 1 Protein Drink Mix and 1/2 cup fresh or frozen pineapple 	<ul style="list-style-type: none"> • Carrot or celery sticks 	<ul style="list-style-type: none"> • 2 cups green salad with dressing • 4 oz. grilled steak • 1 medium corn on the cob • 2 cups mushrooms with red and yellow pepper strips • Water, sparkling water, Thermojetics® Herbal Concentrate or N.R.G. Tea 	<ul style="list-style-type: none"> • 1 cup air-popped popcorn
					

Thursday
Green Weekly Meal Planner

Breakfast	Snack	Lunch	Snack	Dinner	Snack
<ul style="list-style-type: none"> • Shake made with Thermojetics® Formula 1 Protein Drink Mix and one plum 	<ul style="list-style-type: none"> • 1 medium pear 	<ul style="list-style-type: none"> • Shake made with Thermojetics® Formula 1 Protein Drink Mix and 1/2 cup fresh or frozen raspberries 	<ul style="list-style-type: none"> • 2 rice cakes with 2 teaspoons jelly 	<ul style="list-style-type: none"> • 2 cups spinach salad with dressing • 4 oz. roasted pork loin • 1 baked sweet potato • 2 cups steamed cauliflower • Water, sparkling water, Thermojetics® Herbal Concentrate or N.R.G. Tea 	<ul style="list-style-type: none"> • Thermojetics® HPLC Bar or Soup or Roasted Soy Nuts with Cardia® Salt or Frozen Dessert Treat
					

Friday
Green Weekly Meal Planner

Breakfast	Snack	Lunch	Snack	Dinner	Snack
<ul style="list-style-type: none"> • Shake made with Thermojetics® Formula 1 Protein Drink Mix and half an apple 	<ul style="list-style-type: none"> • Choose from a Thermojetics® HPLC Bar, Drink Mix, Soup Mix, Shake Mix or Roasted Soy Nuts with Cardia® Salt. 	<ul style="list-style-type: none"> • chicken salad over greens 	<ul style="list-style-type: none"> • Sugar-free gelatin with fat-free whipped topping 	<ul style="list-style-type: none"> • 2 cups tomato, onion and cucumber slices • 6 oz. turkey breast • 1 cup whole-grain pasta • 2 cups sliced peppers and mushrooms • Water, sparkling water, Thermojetics® Herbal Concentrate or N.R.G. Tea 	<ul style="list-style-type: none"> • 2 small non-fat cookies
					

Saturday
Green Weekly Meal Planner

Breakfast	Snack	Lunch	Snack	Dinner	Snack
<ul style="list-style-type: none"> • Shake made with Thermojetics® Formula 1 Protein Drink Mix and half a banana 	<ul style="list-style-type: none"> • 20 grapes 	<ul style="list-style-type: none"> • Shake made with Thermojetics® Formula 1 Protein Drink Mix and 1/2 cup fresh or frozen strawberries 	<ul style="list-style-type: none"> • 1/2 cup low-fat cottage cheese 	<ul style="list-style-type: none"> • 2 cups green salad with dressing • 6 oz. steamed shrimp • 1 cup whole-wheat pasta • 2 cups snow peas, broccoli, carrots and red pepper strips • Water, sparkling water, Thermojetics® Herbal Concentrate or N.R.G. Tea 	<ul style="list-style-type: none"> • Thermojetics® HPLC Bar or Soup or Roasted Soy Nuts with Cardia® Salt or Frozen Dessert Treat
