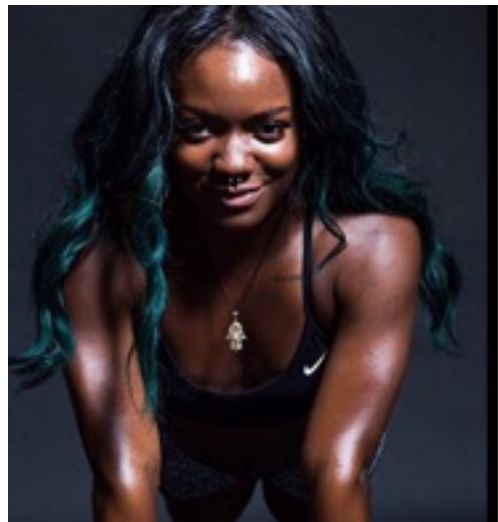


#CSIMSFITNESS MEAL PLAN GUIDE



Grocery list:

CSIMSFITNESS.com

Oatmeal	Water (1 gallon a day)	Gluten free organic wrap
Lettuce	Red or green bell pepper	Brussel sprouts
Salad dressing	Chicken	Shrimp
Baby tomatoes	Salmon	Red potato
Grapes	Raw cashews	Apples
Peanut butter	Lemons	Rasberries
Soy or Almond milk	Greek yogurt	Blueberries
Eggs	Carrots	Kale
Your choice of "Farmer's" protein based smoothie		Quinoa
Brown rice	Asparagus	Cauliflower
Sweet potatoes	Bananas	Tilapia
Broccoli	Sweet potatoes	Green beans
Spinach	Spinach based pasta	Whole wheat bread
Onions	Light organic sauce	Edamame
Avocado	Tomatoes	

DAY 1:

Breakfast: Formula 1 shake

Snack: Greek yogurt with 1 cup almonds

Lunch: Grilled chicken salad with protein based smoothie

Snack: 1 cup of carrots

Dinner: Grilled chicken with sautéed onions, carrots, spinach & broccoli

DAY 2:

Breakfast: Formula 1 shake

Snack: 1 cup oranges, 1 cup of diced watermelon

Lunch: Grilled chicken wrap with spinach on the side

Snack: Small salad with no meat

Dinner: Baked Salmon with sautéed onions, brown rice & red potatoes (1/2 a cup)

Day 3:

Breakfast: Formula 1 shake

Snack: Oatmeal with honey & 1/2 a banana

Lunch: Grilled chicken with grilled onions, 1 cup of brown rice, 1 cup of your favorite veggie

Snack: 1 cup of carrots, 1 cup of broccoli

Dinner: Baked sweet potato with grilled chicken & onions & spinach

Day 4:

Breakfast: Formula 1 shake

Snack: Oatmeal with honey & 1/2 a banana

Lunch: Salmon salad with cucumbers, baby tomatoes, spinach & kale (light dressing)

Snack: 1 cup of carrots

Dinner: Grilled chicken with sautéed onions with spinach or zucchini based pasta & light alfredo sauce

Day 5:

Breakfast: Formula 1 shake

Snack: Oatmeal with honey & 1/2 a banana

Lunch: Turkey burger with a salad on the side

Snack: 1 cup of carrots, 1 cup of spinach, 1 cup of broccoli

Dinner: Grilled chicken with sautéed onions with sweet baked potato with honey glazed kale

Day 6:

Breakfast: Formula 1 shake

Snack: Oatmeal with honey & 1/2 a banana

Lunch: Grilled chicken lettuce wrap

Snack: 1 cup of carrots, 1 cup of spinach, 1 cup of broccoli

Dinner: Cheat meal

Day 7:

Breakfast: Formula 1 shake

Snack: Oatmeal with honey & 1/2 a banana

Lunch: Spinach based pasta with carrots, red & green bell peppers, onions
and honey

Snack: Greek yogurt

Dinner: Baked salmon, 1 cup broccoli, 1 cup spinach, 1 cup carrots

Day 8:

Breakfast: Formula 1 shake

Snack: Oatmeal with honey & 1/2 a banana

Lunch: Grilled chicken, spinach, brown rice and broccoli

Snack: Greek yogurt

Dinner: Baked salmon with spinach & a side sweet baked potato

Day 9:

Breakfast: Formula 1 shake

Snack: Oatmeal with honey & 1/2 a banana

Lunch: Salad with kale, spinach, broccoli & carrots with a side of greek yogurt

Snack: 1 cup of carrots

Dinner: Grilled chicken with red potatoes, asparagus and spinach

Day 10:

Breakfast: Formula 1 shake

Snack: Oatmeal with honey & 1/2 a banana

Lunch: Grilled chicken, Spinach, Brown rice, Broccoli

Snack: Greek yogurt with raw almonds

Dinner: Grilled shrimp with spinach & broccoli

Day 11:

Breakfast: Breakfast: Formula 1 shake & Oatmeal with honey & 1/2 a banana

Snack: 1 cup raw cashews

Lunch: Grilled shrimp, carrots, and broccoli

Snack: Fruit bowl

Dinner: Baked sweet potato with grilled chicken & brussel sprouts

Day 12:

Cheat day!

Day 13:

Breakfast: Formula 1 shake & Oatmeal with honey & 1/2 a banana

Snack: 1 cup raw cashews

Lunch: Lunch: Grilled chicken wrap

Snack: Protein based smoothie

Dinner: Baked honey glazed salmon with quinoa, carrots and spinach

Day 14:

Breakfast: Formula 1 shake

Snack: Oatmeal with honey & 1/2 a banana

Lunch: Salmon salad with cucumbers, baby tomatoes, spinach & kale
(light dressing)

Snack: 1 cup of carrots

Dinner: Grilled chicken with sautéed onions with spinach or zucchini based
pasta & light alfredo sauce

Day 15:

Breakfast: Formula 1 shake

Snack: Oatmeal with honey & 1/2 a banana

Lunch: Salmon salad with cucumbers, baby tomatoes, spinach & kale
(light dressing)

Snack: 1 cup of carrots

Dinner: Grilled chicken, brussel sprouts & 1/2 cup of diced red potatoes

Day 16:

Breakfast: Formula 1 shake

Snack: Greek yogurt with 1 cup almonds

Lunch: Grilled chicken salad with protein based smoothie

Snack: 1 cup of carrots

Dinner: Grilled chicken with sautéed onions, carrots, spinach & broccoli

Day 17:

Breakfast: Formula 1 shake

Snack: Oatmeal with honey & 1/2 a banana

Lunch: Grilled chicken lettuce wrap

Snack: 1 cup of carrots, 1 cup of spinach, 1 cup of broccoli

Dinner: Cheat meal

Day 18:

Breakfast: Formula 1 shake

Snack: Snack: Oatmeal with honey & 1/2 a banana

Lunch: Spinach based pasta with carrots, red & green bell peppers, onions
and honey

Snack: Greek yogurt

Dinner: Baked salmon, 1 cup broccoli, 1 cup spinach, 1 cup carrots

Day 19:

Breakfast: Breakfast: Formula 1 shake

Snack: Snack: Oatmeal with honey & 1/2 a banana

Lunch: Grilled chicken, spinach, brown rice and broccoli

Snack: Greek yogurt

Dinner: Baked salmon with spinach & a side sweet baked potato

Day 20:

Breakfast: Breakfast: Formula 1 shake

Snack: Oatmeal with honey & 1/2 a banana

Lunch: Salad with kale, spinach, broccoli & carrots with a side of greek yogurt

Snack: 1 cup of carrots

Dinner: Grilled chicken with brown rice, asparagus and spinach

Day 21:

Breakfast: Formula 1 shake

Snack: Greek yogurt with 1 cup almonds

Lunch: Grilled chicken salad with protein based smoothie

Snack: 1 cup of carrots

Dinner: Grilled chicken with sautéed onions, carrots, spinach & broccoli

Day 22:

Breakfast: Formula 1 shake

Snack: Sliced apples and peanut butter

Lunch: Grilled chicken salad with protein based smoothie

Snack: 1/2 cup of raspberries, 1/2 cup of blueberries, 1/2 strawberries

Dinner: Grilled salmon, quinoa, and kale

Day 23:

Breakfast: Formula 1 shake

Snack: Oatmeal with honey & 1/2 banana

Lunch: Spinach, asparagus and 1/2 a cup of chicken

Snack: 1 cup of carrots

Dinner: Honey glazed salmon, quinoa, 1/2 cup kale & 1/2 cup spinach

Day 24:

Breakfast: Formula 1 shake

Snack: Oatmeal with blueberries and raspberries

Lunch: Grilled chicken salad with protein based smoothie

Snack: 1 cup of grapes

Dinner: Smoked salmon, 1/2 cup cauliflower, 1/2 cup carrots, 1/2 cup zucchini

Day 25:

Breakfast: Formula 1 shake

Snack: Greek yogurt with 1 cup almonds

Lunch: Grilled chicken salad with protein based smoothie

Snack: 1 apple

Dinner: Baked lemon tilapia with sautéed onions and green beans

Day 26:

Breakfast: Formula 1 shake

Snack: Greek yogurt with 1 cup almonds

Lunch: Smoked salmon sandwich with whole wheat bread and tomatoes and

swiss cheese

Snack: 1 peach

Dinner: Baked lemon tilapia with sautéed onions and green bean

Day 27:

Breakfast: Formula 1 shake

Snack: 1 cup of raw cashews, 1 cup of raw almonds

Lunch: Baked sweet potato with grilled onions & spinach

Snack: 1 cup of carrots

Dinner: Grilled chicken sandwich on whole wheat bread, tomatoes, and 2
avocados

Day 28:

Breakfast: Formula 1 shake

Snack: Egg whites & spinach

Lunch: Baked sweet potato with grilled onions & spinach

Snack: 1 cup of carrots

Dinner: Herbed roasted veggie salad (w/ brussel sprouts, broccoli, & carrots)
(1 cup cilantro, 3 tsp of lemon juice & 3 medium shallots)

Day 29:

Breakfast: Formula 1 shake

Snack: 1 cup of edamame

Lunch: Baked sweet potato with grilled onions & spinach

Snack: 1 banana

Dinner: Honey glazed salmon with cucumber-avocado salad

Day 30:

Breakfast: Formula 1 shake

Snack: 1 cup of edamame

Lunch: Baked sweet potato with grilled onions & spinach

Snack: 1 banana

Dinner: Chicken stuffed bell pepper with sautéed onions & sweet potato slices

and a small salad