

PART OF THE:
SUPREME
90DAY
SYSTEM™

SUPREME Nutrition

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GET RIPPED IN 90 DAYS!

CHILI RECIPE

Ingredients:

2 Tbsp. cumin seeds, toasted (see note below)
 1 medium yellow onion, peeled and chopped
 1 large red bell pepper, chopped
 1 large carrot, peeled and grated
 2 cloves garlic
 3 Tbsp. chili powder
 2 Tbsp. extra virgin olive oil
 1/4 tsp. red pepper flakes
 Sea salt and fresh ground black pepper

1 can white kidney beans, rinsed and drained
 1 can red kidney beans, rinsed and drained
 1 can black beans, rinsed and drained
 2½ cups water or low sodium vegetable stock
 2 tsp. crumbled, dried oregano
 2 tsp. crumbled, dried basil
 28 oz canned tomatoes
 Juice of one fresh lime
 Juice of one fresh lemon



Method:

To toast cumin seeds: place seeds in a skillet and heat over medium heat until you begin to smell the spices. Shake the pan vigorously so the seeds don't stick and burn. Remove from heat and set aside.

In a Dutch oven heat olive oil over medium heat. Add onion, pepper and grated carrot and sauté until onion becomes soft and translucent. Stir in chili pepper, toasted cumin seeds, red pepper flakes, sea salt and black pepper. Cover and cook over low heat for 10 minutes stirring occasionally.

Add all remaining ingredients. Mix well to blend all ingredients. Cover and let simmer for 20 minutes. Remove from heat and serve immediately. Again this recipe can be served over brown rice for a hearty variation. Leftovers are perfect in a wrap or for lunch.

Makes 6 servings.

Congratulations!

You are about to commence in the Supreme 90 Day System! Below you will find recommended dietary guidelines that will help you choose what meals are encouraged while you are participating in this program.

Don't consider these menu plans as cast in stone. They are not rigid. Consider them to be suggestions that will keep your diet balanced while giving you enough variety to prevent boredom. You may replace any meal with a meal of the same number. Example: any meal 2 can be replaced with any other meal 2 ... Any meal 4 can be replaced with any other meal 4 etc.

The point is to make sure you are eating lean protein and complex carbohydrates at every meal and that you NEVER SKIP MEALS, EVER! It is important to note this. Eating small meals at regularly spaced intervals ensures that your hunger doesn't get out of control and that your metabolism stays super-charged. These are critical factors when losing weight and they have been proven to be the only reliable methods to do so.

Can I Substitute Certain Things?

There is a great deal of freedom in this eating plan. If I have suggested you use pumpkin seed oil but you only have olive oil in the house then go ahead and use it. In the same way, you may substitute virtually any ingredients that are healthy and clean as long as you stick to the all-important partnership of lean protein and complex carbohydrates at each meal.

I recommend that you avoid sugar and sugar substitutes whenever possible. Sugar and other refined flour goods are anti-foods that interfere with the body's metabolism, health, hormones, and weight balance. The sooner we avoid these garbage foods the better.



Important Considerations To Read Before You Begin!!

NOTE: ALL MEAT WEIGHTS AND MEASURES ARE COOKED QUANTITIES.

EXAMPLE: Women should consume about 4 oz of lean protein which is the cooked final weight, at each meal.
Men should consume 6 oz of lean protein – again this is the final, cooked weight.

NOTE: **EAT A MEAL ONCE EVERY THREE HOURS.**

EXAMPLE: MEAL #1 AT 7:00 AM MEAL #2 AT 10:00 AM MEAL #3 AT 1:00 PM
MEAL #4 AT 4:00 PM MEAL #5 AT 7:00 PM MEAL #6 JUST BEFORE BED

A SPECIAL NOTE ABOUT MEAL #6: If you are not hungry at this time there is no need to eat meal #6. you may leave this out altogether.

Water Consumption.

You will note that each day requires you to drink about 2 liters or 8 cups of water at a minimum. Water consumption is programmed into the plan so that you are having it with each meal. This will get you into the good habit of drinking enough each day.

Artificial Sweeteners.

I do not encourage the use of artificial sweeteners. They are not going to help you lose weight so a big part of your new eating plan will be to identify and avoid the use of sugar altogether. It may be tough initially but I encourage you to remain with the plan. If you must use something sweet in your coffee, tea, or cereal, use honey or agave nectar. Use nothing fake please!

How Can You Approach Dining Out?

This may surprise you but restaurants don't necessarily have your health in mind when preparing food for public consumption. Their priorities are elsewhere and that is fine if you are a restaurant owner but if you are a consumer with either a weight or a health problem you need to be skeptical about what is on the menu at all times. It is essential for you to create a strategy for eating out and navigating menus and offerings.

Some of your decision making about what you will be eating is guided by your choice of restaurant so the decision making about what you are going to eat has everything to do with where you choose to eat. Make a plan to stay away from fast food places that offer nothing suitable for you. Look for restaurants with menus that suit your new lifestyle of eating. You can search restaurants online and then have a look at the menu even before you get there.



QUINOA SALAD RECIPE

Ingredients:

Salad:

1½ cups uncooked quinoa
2¾ cups water
1/2 tsp. sea salt
1 cup thinly sliced scallions
1/3 cup chopped fresh parsley
3 Tbsp.. sliced almonds, toasted
2 cloves minced garlic,
1/2 cup chopped sundried tomatoes
1 grated carrot
1/2 cup fresh chopped tomatoes

Method:

Mix all dressing ingredients together in small bowl and set aside.

Place quinoa in large non-stick skillet. Cook 4 minutes over medium heat, stirring frequently. Place quinoa in fine mesh strainer and rinse well using fingers to loosen grains. Repeat procedure. This process removes the natural bitter coating from the grains. Drain well.

Combine quinoa with water and salt and bring to a boil in large saucepan. Cover and reduce heat. Simmer 20 minutes or until liquid is absorbed. Remove from heat and cool to room temperature. Stir in dressing, chopped vegetables and dressing. Toss well. Cover and chill.

Makes: 10 x 1/2 cup servings.



BEEF STEW RECIPE

Ingredients:

1½ pounds lean beef tenderloin or bison cut into one-inch cubes
 2 leeks, whites and light green only, cut into chunks and well rinsed
 3 or 4 medium sized cooking onions, peeled and cut into chunks
 3 carrots, peeled and cut into chunks
 3 parsnips, peeled and cut into chunks
 19 oz of low fat, low sodium chicken stock
 1 – 10 oz can plum tomatoes, whole
 1 – 10 oz can small potatoes
 Several cloves garlic
 4 Tbsp. best quality olive oil
 1/2 cup whole-wheat flour
 Sea salt and black pepper
 1 tsp. dried oregano
 1 tsp. dried basil
 1 cup low sodium, low fat chicken stock
 1 cup water

Method:

Cut meat into 1 inch cubes. Place whole flour, salt, ground black pepper, oregano and basil in a large plastic container with a tight fitting lid. Shake the contents so they mix. Now place the cubed meat in the container and shake until coated. Meanwhile in a large Dutch oven heat the oil and sauté garlic and onions until soft. Add remaining vegetables except canned potatoes and cook 5 minutes longer. Gently remove cubed and seasoned meat from container and add to the cooking vegetables. Cook until meat is browned. You will notice the mixture getting sticky. This is as a result of the flour seasoning on the meat. When it gets too sticky add the chicken stock and water. Bring to a boil and then reduce heat to a simmer. Stir the stew until the sauce becomes evenly smooth. Now add canned, drained potatoes. Don't be tempted to use regular potatoes as they become too mushy. Cook over low heat for another 30 minutes or until vegetables are tender. Enjoy this hearty and nutritious stew on a cold night with a dense whole wheat bread and maybe even a glass of wine if it's a treat night.

Makes: 8 servings.

Food Shopping List

Produce:

Fresh berries (blueberries, blackberries, raspberries, strawberries)
 Apples
 Bananas
 Pears
 Spinach
 Onions
 Celery
 Sweet Potatoes
 Potatoes
 Green beans
 Asparagus
 Broccoli
 Squash
 Turnips
 Garlic
 Zucchini
 Cucumber
 Romaine lettuce
 Mushrooms
 Unsweetened, unsulfured dried fruit (apricots, raisins, cranberries, apples, prunes, figs, dates)

Dairy:

Eggs
 Skim milk
 Fat-free soymilk, rice milk or almond milk
 Fat-free, sugar-free Greek style yogurt
 Olive oil-based margarine
 Kefir

Meats/Poultry/Seafood:

Chicken breast
 Pork tenderloin
 Beef tenderloin
 Bison
 Venison
 Arctic char
 Tuna
 Salmon
 Tilapia, Cod or other white fish
 Beef tenderloin
 Lean ground turkey

Nuts, Seeds, Oils, and Snacks:

Unsalted, un-roasted almonds and cashews
 Unsalted, sunflower seeds
 All-natural nut butters (almond, cashew, peanut)
 Flaxseed
 Extra-virgin olive oil
 Safflower oil
 Pumpkin oil
 Pam ® (or non-stick spray)
 Seed oils

Bakery:

Whole wheat breads
 Whole wheat wraps (Ezekiel 4:9 ® wraps)
 Brown rice cakes
 Whole wheat toast
 Ryvita Crackers ®

**Canned Goods:**

White beans
 Unsweetened applesauce
 Chickpeas
 Lentils
 Kidney beans
 Canned tomatoes
 Water-packed tuna
 Water-packed salmon
 Low-fat, sugar-free soups
 Low-sodium canned corn
 Low-sodium canned peas
 Tomato paste
 All-natural, sugar-free tomato sauce

Miscellaneous:

Balsamic vinegar
 Rice vinegar
 Lemon juice
 Lime juice
 Apple cider vinegar

Cereals:

Muesli
 Weetabix ®
 Kashi Go Lean ®
 Shredded Wheat ®
 Ancient Grains
 All-Bran ®
 Steel-cut oats
 Ezekiel 4:9 ®
 Cream of Wheat ®
 OatBran ®
 Old Fashion Quaker
 Oats ®

Condiments:

Mustard
 Salsa
 Unsweetened applesauce
 Sugar substitute – Agave nectar,
 honey, stevia
 Hot sauce
 Sea salt

Beverages:

Green tea
 Chamomile tea
 Fennel
 Chai tea
 Mint tea
 Maca tea
 Tulsi tea
 Coffee
 Bottled water

Dry Goods:

Brown rice
 Wheat germ
 Oatmeal
 Quinoa
 Bulgur
 Millet
 Baking soda
 Whole-wheat flour
 Baking powder
 Vanilla, best quality
 Other whole-grain flours
 (quinoa, amaranth, spelt)

Legend:

2 Cups water (500 mL)
 4 Cups water (1 Liter)

BROTH BASED TOMATO SOUP**Ingredients:**

5 pounds fresh tomatoes – use a mixture of Roma's, field, cluster or heirloom tomatoes
 1Tbsp. olive oil
 1/2 cup water
 1/4 cup fresh basil leaves
 Sea salt and fresh ground black pepper
 Juice of one fresh lemon

Method:

Wash tomatoes under cold running water. Remove green crowns. Bring several cups of water to a boil in a large sauce or soup pan. Place the whole tomatoes in the boiling water just long enough to split and loosen the outer skin. You may have to do this in batches. Once the skins are loose remove the tomatoes from the boiling water and drop them in a bowl of ice water. This stops the cooking process and accelerates the cooling of the tomatoes. When the tomatoes are cool enough to handle, loosen the skins with your hands. Quarter the tomatoes and remove the hard inner core.

Using a Dutch oven heat the olive oil over medium high heat. Place all the tomatoes in the pot. Add ½ cup of water. Bring the mixture to a boil and immediately reduce the heat. Add the fresh basil and cover the pot and allow the tomatoes to simmer for about 30 minutes or until they are soft. Stir the mixture occasionally. Remove from heat.

Place a food mill over a large bowl. Transfer cooked tomatoes to the food mill and slowly turn the handle to make a puree. Any remaining skins, seeds and other bits will not pass through the disc and you can readily discard this. The soup will collect in the bowl.

Return the pureed soup to a saucepan and allow to simmer.

Makes: 6 servings.

NOTE: If you would like to make your soup more nutritious, put a handful of baby spinach leaves in the bottom of each soup bowl and ladle the soup over top. By the time you eat the soup the spinach leaves will be gently wilted but still highly nutritious.



Oatmeal Egg White Pancakes

Ingredients:

6 egg whites, beaten until fluffy
 1/2 cup low fat cottage cheese
 1 scoop whey protein
 1/2 cup oatmeal, uncooked
 1/4 cup wheat germ
 1/4 cup flax seed
 1 tsp. baking powder
 1 Tbsp. canola oil
 1/2 tsp. cinnamon

Method:

Place all ingredients except beaten egg whites in a food processor and pulse or blend until mixture is uniform. Pour blended ingredients into a bowl and add the egg whites. Fold until just blended. Prepare a griddle with non-stick, non-fat cooking spray. Ladle pancake mixture onto griddle and cook until both sides are browned.

Makes: 4 – 6 pancakes.

Meal Plan – Week 1 / Day 1



W=Women M=Men

Immediately upon getting out of bed drink 4 cups water. If you don't like water plain add a few squeezes of fresh lemon juice. **AT THE END OF THIS DAY YOU SHOULD HAVE HAD 3 LITERS OR 12 CUPS OF WATER.**


MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 1/3 cup dry oatmeal cooked in 2/3 cup water and topped with 2 Tablespoons ground flax seed and 3 Tbsp. unsweetened applesauce</p> <p>M: Same as women but adjust oatmeal to 1/2 cup dry oatmeal cooked in 1 cup water</p> <p>W: 4 scrambled egg whites + 1 yolk cooked with tomatoes and spinach, season with sea salt & black pepper</p> <p>M: Same as women but have 5 or 6 scrambled egg whites</p> <p>1 12 ounce cup of black coffee or Clear herbal tea (no sugar or milk)</p>	<p>W: 1 small apple with 2 Tbsp. natural nut butter (almond, pecan, walnut)</p> <p>M: 1 large apple with 3 Tbsp. natural nut butter of your choice</p> <p>2 cups water and/or 1 cup Clear herbal tea</p>	<p>W: 1½ cups mixed steamed broccoli and peppers, season with sea salt & black pepper</p> <p>M: Same as women but 2 cups steamed vegetables</p> <p>W: 4 oz grilled fish, seasoned with fresh lemon juice</p> <p>M: Same as women but 6 oz grilled fish</p> <p>1 or 2 slices Ryvita® or brown rice cakes if you need more carbs</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>Protein shake made with 1 scoop of whey protein powder, 4 Tbsp. plain low fat yogurt, 1 small banana, 2 Tbsp. ground flax seeds, 2 Tbsp. dry oats, 1 Tbsp. natural peanut butter and skim, rice, soy or almond milk to adjust thickness</p>	<p>W: 1/2 cup cooked brown rice</p> <p>M: 1 cup cooked brown rice</p> <p>W: Several spears steamed asparagus + 7 Brussels sprouts</p> <p>M: Same vegetables but 2 cups</p> <p>W: 4 oz grilled, skinless, boneless chicken</p> <p>M: 6 oz grilled chicken</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>1/2 cup kefir (or plain yogurt) mixed with 1/2 cup chopped apple</p> <p>Clear herbal tea if you like</p> <p>2 cups water</p>

Day 2



W=Women M=Men

Immediately upon arising from bed drink 4 cups of water. Flavor the water with fresh lemon juice if you prefer. You should experience a bowel movement before the day even begins. **AGAIN MAKE SURE YOU HAVE HAD AT LEAST 10 – 12 CUPS OF WATER BY THE END OF THE DAY!**

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 1/3 cup dry Cream of Wheat ® cooked in 2/3 cup water topped with 2 Tbsp. ground flax seed and 2 Tbsp. wheat germ, sweetened only with 1/4 cup unsweetened applesauce</p> <p>M: Same as above but 1/2 cup dry cereal cooked in 1 cup water</p> <p>W: 4 hard boiled eggs + one yolk</p> <p>M: 5 to 6 hard boiled eggs + one yolk</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 2 brown rice cakes with 2 Tbsp. natural peanut butter + 1/2 small banana</p> <p>M: Same as above but 1 whole banana</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W and M: 2 cups mixed greens with chopped salad veggies and 2 Tbsp. ground flax seed</p> <p>Dress with olive oil and balsamic or cider vinegar only</p> <p>W: 1 can water packed tuna on top of salad</p> <p>M: 1½ cans water packed tuna</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 2 pieces Ryvita or brown rice cakes with 2 Tbsp. hummus</p> <p>M: 3 – 4 pieces Ryvita ® or brown rice cakes with 4 Tbsp. hummus</p> <p>W: One handful mixed raw carrot and celery sticks (or any raw vegetable) this is about 1 cup</p> <p>M: Same as above but 1½ cups raw vegetables</p> <p>2 cups water</p>	<p>W and M: 1 cup sautéed kale cooked in 2 tsp. olive oil and seasoned with garlic, sea salt & black pepper</p> <p>W and M: 1 cup steamed cauliflower</p> <p>W: 4 oz baked turkey</p> <p>M: 5 to 6 oz baked turkey</p> <p>W: 1/2 medium sized sweet potato seasoned with sea salt and black pepper and a squeeze of lemon or lime juice</p> <p>M: 1 whole medium sized sweet potato</p> <p>2 cups water</p>	<p>This should be your last meal of the day:</p> <p>1/4 cup dry oats cooked in 1/2 cup water and topped with 1 Tbsp. unsweetened applesauce or 1 Tbsp. dried fruit – cranberries or raisins are best</p> <p>2 cups water or Clear herbal tea</p> 



Leek and Potato Soup Recipe

Ingredients:

4 same sized leeks, trimmed, sliced in half lengthwise, coarsely chopped and well rinsed
 2 yellow onions, peeled, coarsely chopped
 2 cloves garlic, peeled and passed through a garlic press
 5 medium sized Yukon gold potatoes, peeled and cubed
 4 Tbsp. extra virgin olive oil
 8 cups low sodium chicken or vegetable stock or water
 2 bouillon cubes
 1 tsp. sea salt
 Black pepper

Method:

In soup pot or Dutch oven, heat olive oil over medium high flame. Add onions and leeks and cook stirring constantly for 10 minutes or until vegetables begin to soften. You may have to add a little extra olive oil.

Add cubed potatoes, sea salt, garlic and 8 cups liquid. Bring to a boil. Add bouillon cubes. Reduce heat and let simmer for 40 minutes or until all vegetables are uniformly tender.

Using an immersion blender, puree soup.

Adjust flavor by adding a little more sea salt and black pepper.

Makes: 10 servings

NOTE: You may wish to adjust the consistency of your soup. Some people like it thick and some prefer a thinner soup. Add more or less liquid according to your preference.

Hummus Recipe

Ingredients:

1 can chickpeas, rinsed and well drained

1/3 cup natural tahini (sesame paste)

Juice of one fresh lemon

1/4 cup sesame oil (plus more to adjust consistency of hummus to your liking)

2 cloves fresh garlic, passed through a garlic press 1 tsp. sea salt

1 tsp. freshly ground black pepper

1/2 tsp. ground cumin

Optional: 2 Tbsp. fresh cilantro

Method:

Place all in a food processor and process until smooth. Adjust consistency of hummus by adding more sesame oil. Use immediately or refrigerate in a tightly covered container.

Makes: 2 cups

NOTE: You can also purchase a low fat version of hummus at the grocery store. Just make sure to read the label so there are no trans fats, sugars and low sodium.




Day 3



W=Women M=Men

Immediately upon arising drink 4 cups of water. Flavor with lemon juice if you like. This is an excellent detoxifying drink.

If you did not experience a BM yesterday morning it should happen soon. Part of this way of eating is also a retraining of the bowels to empty themselves regularly. When you are in full swing you should have 2 to 3 BM's each day.


MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 2/3 cup Ezekiel 4:9 © cereal with 1 cup skim milk, rice, or almond milk, topped with 2 Tbsp. ground flax seed and 1/2 cup mixed berries</p> <p>M: Same as above but 1 cup cereal with 1½ cups milk</p> <p>W: 4 egg whites + 1 yolk omelet cooked with spinach and tomato (1/2 cup spinach + 1 small tomato)</p> <p>M: Same as above but with 6 egg whites + 1 yolk in the omelet</p> <p>1 12 oz cup of black coffee or Clear Herbal Tea</p>	<p>W: 1 small apple + 4 Tbsp. natural peanut butter</p> <p>M: 1 medium apple + 5 Tbsp. natural peanut butter and 1 or 2 pieces Ryvita © or brown rice cakes</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1 can water packed tuna or salmon mixed with 2 Tbsp. olive oil and 1 Tbsp. vinegar</p> <p>M: Same as above but with 1½ cans tuna</p> <p>W: 1 cup shredded mixed carrots and cabbage + 1/2 cup sprouts</p> <p>M: 1½ cups shredded vegetables + 1/2 cup sprouts</p> <p>Place all in a whole grain wrap and eat</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1/2 cup plain low fat yogurt with 1 banana</p> <p>M: 3/4 cup plain low fat yogurt with 1 banana</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W and M: 2 cups steamed broccoli seasoned with sea salt and black pepper</p> <p>W: 4 oz grilled chicken seasoned with sea salt and black pepper</p> <p>M: Same as above but 5 to 6 oz chicken</p> <p>W: 4 baby potatoes</p> <p>Men: 6 baby potatoes</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>1/2 cup plain low fat yogurt mixed with 1/4 cup mixed berries or chopped apple</p> <p>2 cups water</p> <p>Clear herbal tea</p> 

Day 4



W=Women M=Men

Again follow the good habit of drinking 4 cups of water immediately upon awaking. Some regularity should be coming into your life regarding BM's and eating as well as water drinking. Pretty soon these are going to become habits and before long a lifestyle.

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 3/4 cup muesli + 1 cup skim, rice or almond milk topped with 2 Tbsp. ground flax seed</p> <p>M: Same as above but 1 cup muesli and 1½ cups milk</p> <p>W: 4 hardboiled egg whites + one yolk</p> <p>M: 5 to 6 hardboiled egg whites + one yolk</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 2 pieces Ryvita® or brown rice cakes with 2 Tbsp. hummus</p> <p>M: 3 pieces Ryvita® or brown rice cakes with 4 Tbsp. hummus</p> <p>W: 1 small apple</p> <p>M: 1 large apple</p> <p>2 cups water</p>	<p>M and W: 1 cup steamed spinach</p> <p>M and W: 1 cup steamed asparagus</p> <p>W: 4 oz grilled fish – Arctic char, salmon, tilapia</p> <p>M: 6 oz fish</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>1/2 cup plain yogurt topped with 1/2 cup chopped apple</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 2 cups Brown Rice Chicken stir fry made with 4 oz grilled chicken, loads of chopped veggies and seasoned only with toasted sesame oil, sea salt and black pepper</p> <p>M: 3 cups Brown Rice Chicken stir-fry – the men have 5 oz of cooked chicken</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>1/4 cup dry oatmeal cooked in 1/2 cup water and topped with 1/4 cup unsweetened applesauce</p> <p>2 cups water</p> <p>Clear herbal tea</p> 



CONGRATULATIONS!

YOU HAVE MADE IT through 30 days of healthy eating!!
Now, start the 30-day meal plan over again, and
KEEP UP THE GOOD WORK!!

Day 28



W=Women M=Men

Drink your quota of 4 cups water first thing.

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 1/3 cup dry oats cooked with 2/3 cup water topped with 2 Tbsp. each ground flax seed and wheat germ and sweetened with 1/4 cup mixed fresh fruit or berries</p> <p>M: 1/2 cup dry oats cooked with 2/3 cup water topped with 2 Tbsp. each ground flax seed and wheat germ and sweetened with 1/2 cup mixed fresh fruit or berries</p> <p>W: 4 hard boiled egg whites + 1 yolk</p> <p>M: 5 hard boiled egg whites + 1 yolk</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 2 brown rice cakes with 2 Tbsp. natural peanut butter + 1/2 small banana</p> <p>M: 2 brown rice cakes with 3 Tbsp. natural peanut butter + 1 banana</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W and M: 2 cups mixed greens with chopped salad veggies and 2 Tbsp. ground flax seed</p> <p>Dress with oil and vinegar</p> <p>W: 1 can water packed tuna on top of salad</p> <p>M: 1 1/2 cans water packed tuna</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: Protein shake made with 2 scoops good quality whey protein, 4 Tbsp. plain low fat yogurt, 1 small banana, 2 Tbsp. ground flax seeds, 2 Tbsp. dry oats, 1 Tbsp. natural peanut butter and skim milk to adjust thickness (about 1 1/2 cups)</p> <p>M: Make the same shake as above but drink 2 cups</p>	<p>Women: 1 1/2 cups mixed steamed broccoli and peppers, season with sea salt and black pepper</p> <p>Men: Same as women but 2 cups steamed vegetables in total</p> <p>Women: 4 oz grilled fish, seasoned with fresh lemon juice</p> <p>Men: Same as women but 6 oz grilled fish</p> <p>1 or 2 slices Ryvita® or brown rice cakes</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>M: 1/2 cup unsweetened applesauce and 1 biscotti</p> <p>W: 3/4 cup unsweetened applesauce and 1 biscotti</p> <p>Clear herbal tea</p>



Day 5



W=Women M=Men

Start your day by drinking 4 cups water first thing.

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 2 Weetabix® biscuits + 1 cup skim, rice or almond milk topped with 2 Tbsp. ground flax seed and 1/4 cup mixed berries</p> <p>M: Same as above but 3 Weetabix® biscuits and 1 1/2 cups milk of your preference</p> <p>W: 4 egg whites + 1 yolk scrambled + 1 piece dry brown toast or 1 piece Ryvita® or brown rice cakes</p> <p>M: Same as above but 5 to 6 scrambled eggs + 1 yolk scrambled</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>1 pear</p> <p>Handful unsalted natural nuts like almonds or cashews</p> <p>2 cups water</p>	<p>W: 1 1/2 cups broth based Leek and Potato Soup. (See recipe)</p> <p>M: Same as above but 2 cups soup</p> <p>2 pieces Ryvita® or 2 pieces dry brown toast or brown rice cakes as other options</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1 whole wheat or Ezekiel 4:9® wrap spread with 2 Tbsp. natural nut butter, place a banana in center of wrap and roll up. Cut in half and eat half now. Save the other half for another small meal later today or tomorrow.</p> <p>M: Same as above but eat whole wrap</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 4 oz roasted turkey breast</p> <p>M: 5 to 6 oz roasted turkey breast</p> <p>W: 1/2 roasted sweet potato</p> <p>M: Whole roasted sweet potato</p> <p>W and M: 1 1/2 cups roasted parsnips and carrots</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1/2 cup low fat yogurt topped with 1 kiwi peeled and chopped</p> <p>M: 2/3 cup low fat yogurt topped with 1 kiwi peeled and chopped</p> <p>2 cups water</p> <p>Clear herbal tea</p>



Day 6



W=Women M=Men

Don't forget to drink your 4 cups of water before you do anything else!

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 1/3 cup dry oatmeal cooked in 2/3 cup made with water and topped with 2 Tbsp. ground flax seed, 2 Tbsp. wheat germ and 1/2 sliced banana</p> <p>M: Same as above but with 1/2 cup dry cereal and cooked in 1 cup water</p> <p>W: 4 scrambled egg whites + 1 yolk made with tomato and spinach</p> <p>M: Same as above but with 5 to 6 egg whites + 1 yolk</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W and M: 2 brown rice cakes spread with 1 Tbsp. natural nut butter each</p> <p>W: 1 small apple</p> <p>M: 1 large apple</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 2 cups mixed salad greens and chopped salad vegetables topped with 2 Tbsp. ground flax seed, 1 Tbsp. sunflower seeds, 4 oz cooked grilled chicken or salmon and dressed with the juice of one lemon and 1 Tbsp. seed oil, season with sea salt and fresh ground black pepper</p> <p>M: Same as above but with 5 oz of chicken</p> <p>2 cups water</p> <p>If you need more carbs have 1 piece of Ryvita®, dry brown toast or brown rice cakes.</p>	<p>W: Sliced raw veggies including cucumber, radish pepper and carrots with 2 Tbsp. hummus</p> <p>M: Same as above but 4 Tbsp. hummus</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 5 oz grilled or baked tilapia</p> <p>M: Same as above but 7 oz fish</p> <p>W: 1/2 cup cooked brown rice</p> <p>M: 1 cup cooked brown rice</p> <p>W and M: Several spears steamed asparagus + 2/3 cup steamed green beans</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W and M: 2 cups unbuttered air popped popcorn dusted lightly with sea salt</p> <p>1 5 oz glass red wine (Let's assume this is your Saturday evening treat)</p>

Day 27



W=Women M=Men

Drink your 4 cups water first thing!

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 2/3 cup muesli cereal + 1 cup skim, rice, soy or almond milk + 2 Tbsp. ground flax seed and wheat germ and topped with 1/4 cup sliced fresh strawberries</p> <p>M: 1 cup muesli cereal + 1 1/4 cups skim, milk, rice, soy or almond + 2 Tbsp. ground flax seed and wheat germ and topped with 1/2 cup sliced fresh strawberries</p> <p>W: 4 egg whites + 1 yolk scrambled</p> <p>M: 5 egg whites + 1 yolk scrambled</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 1/2 cup low fat cottage cheese or yogurt topped with 2 Tbsp. chopped dried fruits and 1 Tbsp. chopped natural nuts</p> <p>M: 3/4 cup low fat cottage cheese or yogurt topped with 2 Tbsp. chopped dried fruits and 1 Tbsp. chopped natural nuts</p> <p>2 cups water</p>	<p>W: 2 cups mixed greens with chopped salad greens + 2 Tbsp. pumpkin seeds and dressed with oil and vinegar + top with 4 oz grilled chicken</p> <p>M: Same as above but with 6 oz grilled chicken</p> <p>W: 2 pieces Ryvita® or 2 pieces dry brown toast or brown rice cakes as other options</p> <p>M: 3 pieces Ryvita® or 3 pieces dry brown toast or brown rice cakes as other options</p> <p>2 cups water</p> <p>Clear herbal tea or black coffee</p>	<p>W: 1 1/2 cups raw veggies – carrots, peppers, celery etc. + 2 Tbsp. hummus + 1 brown rice cake or Ryvita®</p> <p>M: 2 cups raw veggies – as above + 3 Tbsp. hummus + 2 brown rice cakes or Ryvita®</p> <p>2 cups water</p>	<p>W: 4 oz lean grilled lamb + 1 small baked potato + 2 cups mixed roasted vegetables including beets, Brussels sprouts and baby onions</p> <p>M: 6 oz lean grilled lamb + 1 medium baked potato + 2 cups mixed roasted vegetables including beets, Brussels sprouts and baby onions</p>	<p>W: 1 small apple + 1 Tbsp. natural nut butter</p> <p>M: 1 medium apple + 2 Tbsp. natural nut butter</p>



Day 26



W=Women M=Men

Rise and shine! Drink down your 4 cups of water.

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 1/3 cup dry oats cooked with 1 cup water, topped with 2 Tbsp. each ground flax seed and wheat germ and one sliced banana</p> <p>M: 1/2 cup dry oats cooked with 1 cup water, topped with 2 Tbsp. each ground flax seed and wheat germ and 1 sliced banana</p> <p>W: 4 egg whites + 1 yolk, hard boiled</p> <p>M: 5 egg whites + 1 yolk, hard boiled</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 1/2 cup low fat plain cottage cheese + 1 cup chopped fresh fruit</p> <p>M: 3/4 cup low fat plain cottage cheese + 1 cup chopped fresh fruit</p> <p>2 cups water</p> <p>Clear herbal tea or black coffee</p>	<p>W: 1½ cups steamed kale tossed with 2 Tbsp. toasted sesame seeds and dressed with oil and vinegar + 4 oz water packed tuna</p> <p>M: 2 cups steamed kale tossed with 2 Tbsp. toasted sesame seeds and dressed with oil and vinegar + 5 oz water packed tuna</p> <p>2 cups water</p> <p>Clear herbal tea or black coffee</p>	<p>W: Protein shake made with 2 scoops protein powder + 1/2 cup skim, rice, soy or almond milk + 1/2 cup mixed frozen fruit + 1 Tbsp. flax seed – adjust consistency with water</p> <p>M: Same as above with 1 cup milk of your choice</p>	<p>W: 4 oz lean grilled pork tenderloin + 1/2 cup cooked brown rice + 2 cups steamed mixed carrots, peas and squash</p> <p>M: 6 oz lean grilled pork tenderloin + 1 cup cooked brown rice + 2 cups steamed mixed carrots, peas and squash</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1/2 cup plain kefir mixed with 1/2 cup chopped mixed fresh apple and banana</p> <p>M: 3/4 cup plain kefir mixed with 3/4 cup chopped mixed fresh apple and banana</p> <p>Clear herbal tea</p>

Day 7



W=Women M=Men

Drink 4 cups water once you arise.

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 2 oatmeal egg white pancakes (See recipe)</p> <p>M: 4 oatmeal egg white pancakes</p> <p>M and W: Topped with 1/2 cup blueberries</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>Smoothie made with 1 scoop whey protein powder, 1 Tbsp. natural peanut butter, 1 banana, 1 cup rice, skim or almond milk</p>	<p>W: 2 slices Ezekiel 4:9® bread spread with 1 Tbsp. hummus and finished with 4 oz lean turkey slices, sliced tomato and lettuce leaves</p> <p>M: Same as above but with 6 oz turkey breast</p> <p>2 cups water</p>	<p>W: 1 small apple and 12 unsalted natural almonds, cashews, walnuts or combination of these</p> <p>M: Same as above but with large apple and about 15 nuts</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 4 oz grilled beef tenderloin</p> <p>M: 6 oz grilled beef tenderloin</p> <p>W: 4 baby potatoes</p> <p>M: 6 baby potatoes</p> <p>W and M: 1 cup steamed broccoli + 1 cup steamed spinach</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>1/2 cup plain yogurt or kefir topped with 1/2 sliced banana</p> <p>2 cups water</p>

Meal Plan – Week 2 / Day 8



W=Women M=Men

Immediately upon getting out of bed drink 4 cups water.

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 1/3 cup dry oatmeal cooked in 2/3 cup water and topped with 2 Tbsp. ground flaxseeds, 2 Tbsp. wheat germ and 1/4 cup mixed berries or unsweetened applesauce</p> <p>M: 1/2 cup dry oatmeal cooked in 1 cup water topped with 2 Tbsp. each ground flax seed and wheat germ and 1/2 cup berries or applesauce</p> <p>W: 4 egg white + 1 yolk omelet</p> <p>M: 5 egg white +1 yolk omelet</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>M and W: 1½ cups raw vegetables + 3 hard-boiled egg whites</p> <p>W: 1 small pear or 1/2 large pear</p> <p>M: 1 large pear</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1½ cups broth based Tomato Soup (See recipe)</p> <p>M: 2 cups broth based Tomato Soup</p> <p>W: 1 small whole grain pita or piece of whole wheat toast</p> <p>M: 2 small pitas or 2 pieces toast</p> <p>2 cups water</p> <p>black coffee or Clear herbal tea</p>	<p>W: 1/2 whole wheat wrap stuffed with shredded carrots and zucchini and 3 oz water packed tuna</p> <p>M: 1 whole wheat wrap stuffed with shredded carrots and zucchini and 4 oz water packed tuna</p> <p>W: 1/2 cup chopped cantaloupe</p> <p>M: 1 cup chopped cantaloupe</p> <p>2 cups water</p>	<p>W: 4 oz grilled chicken breast</p> <p>M: 6 oz grilled chicken breast</p> <p>M and W: 2 cups steamed Brussels sprouts and cauliflower</p> <p>2 cups water</p>	<p>M and W: 1/4 cup dry oatmeal cooked with 1/2 cup water and topped with 1/2 chopped apple</p> <p>1 cup water</p> <p>Clear herbal tea</p>

Day 25



W=Women M=Men

Drink it up folks!! 4 cups down the hatch!!


MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 2/3 cup Ezekiel 4:9 © cereal with 1 cup skim milk, or rice or almond milk topped with 2 Tbsp. ground flax seed and 1/2 cup mixed berries</p> <p>M: Same as above but 1 cup cereal with 1½ cups milk of your preference</p> <p>W: 4 egg white + 1 yolk omelet cooked with spinach and tomato (1/2 cup spinach + 1 small tomato)</p> <p>M: Same as above but with 6 egg whites + 1 yolk in the omelet</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 1 small whole wheat wrap spread with 2 Tbsp. natural nut butter and 1 peeled whole banana; cut the wrap in half and eat 1/2 now and the other half at a later meal</p> <p>M: 1 small whole wheat wrap spread with 2 Tbsp. natural nut butter and 1 peeled whole banana (make 2 of these so you can eat one at a later meal)</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1½ cups broth based Leek and Potato Soup</p> <p>M: Same as above but 2 cups soup</p> <p>2 pieces Ryvita © or 2 pieces dry brown toast or brown rice cakes as other options</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: Sliced raw veggies including cucumber, radish pepper and carrots with 2 Tbsp. hummus</p> <p>M: Same as above but 4 Tbsp. hummus</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1 cup cooked whole wheat pasta topped with a basic tomato based pasta sauce and topped with 4 oz grilled chicken strips + 1 cup salad greens topped with chopped salad veggies and dressed with oil and vinegar</p> <p>M: 1½ cups cooked whole wheat pasta topped with a basic tomato based pasta sauce and topped with 6 oz grilled chicken strips + 1½ cups salad greens topped with chopped salad veggies and dressed with oil and vinegar</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W and M: 1/4 cup dry oats cooked with 1/2 cup water and topped with 2 Tbsp. dried cranberries</p> <p>1 cup water or Clear herbal tea</p>

Day 24



W=Women M=Men

Don't forget to drink down your 4 cups water.

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 4 egg whites + 1 scrambled with 2 Tbsp. each tomato, onions and mushrooms</p> <p>M: 6 egg white + 1 yolk scrambled with 2 Tbsp. tomato, 2 Tbsp. onions, 2 Tbsp. mushrooms</p> <p>M and W: 1 piece Ezekiel 4:9 ® toast</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 1/2 cup green grapes and 1/2 cup low fat plain yogurt or low fat cottage cheese sprinkled with 2 Tbsp. ground flax seed</p> <p>M: Same as above but 3/4 cup grapes and 3/4 cup yogurt or cottage cheese</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1½ cups mixed steamed broccoli and peppers, season with sea salt and black pepper</p> <p>M: same as women but 2 cups steamed veg</p> <p>W: 4 oz grilled fish, seasoned with fresh lemon juice</p> <p>M: Same as women but 6 oz grilled fish</p> <p>1 or 2 slices Ryvita ® or brown rice cakes if you need more carbs</p> <p>Clear herbal tea</p>	<p>Protein shake made with 1 scoop good quality whey protein, 4 Tbsp. plain low fat yogurt, 1 small banana, 2 Tbsp. ground flax seeds, 2 Tbsp. dry oats, 1 Tbsp. natural peanut butter and skim milk to adjust thickness</p>	<p>W: 4 oz lean beef tenderloin grilled + 1/2 plain baked sweet potato + 2 cups steamed mixed broccoli, cauliflower and carrots</p> <p>M: 6 oz lean beef tenderloin grilled + 1 plain baked sweet potato (size of your fist) + 2 cups steamed mixed broccoli, cauliflower and carrots</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>1/4 cup dry oats cooked with water and topped with 1 Tbsp. unsweetened applesauce or 1 Tbsp. dried fruit – cranberries or raisins are best</p> <p>2 cups water or clear herbal tea</p> 


Day 9



W=Women M=Men

IMMEDIATELY UPON ARISING

Adopt the good habit of drinking 4 cups of water before eating anything else. One more day of this and it will become second nature.

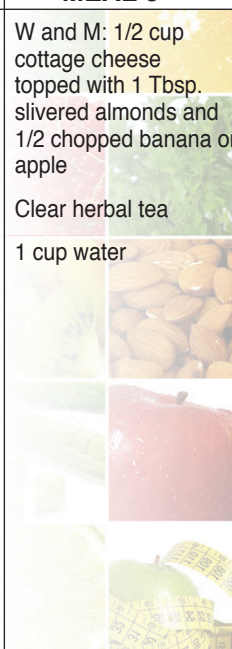
MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 4 egg whites + 1 yolk omelet with spinach and tomato cooked into it</p> <p>M: Same as above but with 6 egg whites + 1 yolk</p> <p>W: 1 piece of whole wheat</p> <p>M: Same as above but 2 pieces</p> <p>W and M: 1 banana</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 1/2 cup low fat cottage cheese or yogurt topped with 1 small chopped apple and 2 Tbsp. almond slivers</p> <p>M: Same as above but with 1 cup cottage cheese and 4 Tbsp. almonds</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1½ cups broth based vegetable soup + 2 pieces Ryvita ® or brown rice cakes + 2 Tbsp. hummus</p> <p>M: 2 cups broth based vegetable soup + 4 pieces Ryvita ® or brown rice cakes + 4 Tbsp. hummus</p> <p>2 cups water</p> <p>Black coffee or Clear herbal tea</p>	<p>1 protein smoothie made with 1 banana + 1 scoop whey protein powder + 1 Tbsp. natural peanut butter + 3/4 cup rice, almond or skim milk.</p> <p>Add water to adjust consistency.</p>	<p>W: 4 oz grilled tuna steak</p> <p>M: 6 oz cooked grilled tuna steak</p> <p>W and M: 2 cups steamed mixed vegetables of your liking – zucchini, carrots, green onions</p> <p>W: 1/2 cup cooked brown rice</p> <p>M: 1 cup cooked brown rice</p> <p>2 cups water</p>	<p>1 cup water</p> <p>W: 1 small apple + 1/2 cup plain low fat kefir or yogurt</p> <p>M: 1 large apple + 2/3 cup low fat plain yogurt or kefir</p> 

Day 10



W=Women M=Men

This is the first day that getting up and drinking 4 cups of water is going to feel like second nature to you. And it should be! After you have done something 10 times in a row it is now a habit. Congratulations!


MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 1/3 cup dry Cream of Wheat ® cooked in 1 cup water and topped with 2 Tbsp. ground flax seed, 2 Tbsp. wheat germ and 1/4 cup unsweetened applesauce</p> <p>M: Same as above but with 1/2 cup dry cereal and 1/2 cup applesauce</p> <p>W: 4 egg whites + 1 yolk cooked to your liking</p> <p>M: 5 or 6 egg whites + 1 yolk cooked to your liking</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 1/2 cup green grapes and 1/2 cup low fat plain yogurt or low fat cottage cheese sprinkled with 2 Tbsp. ground flax seed</p> <p>M: Same as above but 3/4 cup grapes and 3/4 cup yogurt or cottage cheese</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1½ cups Leek and Potato broth based soup (See recipe)</p> <p>M: 2 cups soup</p> <p>W: 1 piece whole wheat bread with 1 Tbsp. hummus</p> <p>M: 2 pieces whole wheat bread with 2 Tbsp. hummus</p> <p>2 cups water</p>	<p>W and M: 1 can water packed tuna mixed with 2 Tbsp. chopped celery and onion and dressed with 2 Tbsp. low fat plain yogurt or yogurt cheese or olive oil, seasoned with sea salt and black pepper</p> <p>W: 1 piece Ryvita ® or 1 brown rice cakes</p> <p>M: 2 pieces Ryvita ® or 2 brown rice cakes</p> <p>2 cups water</p>	<p>W: 4 oz grilled salmon</p> <p>M: 6 oz cooked grilled salmon</p> <p>M and W: 2 cups mixed salad greens dressed with healthy oil – olive, pumpkin seed, avocado, rice bran, grapeseed – and balsamic vinegar or rice wine vinegar</p> <p>W: 1/2 cup quinoa</p> <p>M: 3/4 cup quinoa</p> <p>2 cups water</p>	<p>W and M: 1/2 cup cottage cheese topped with 1 Tbsp. slivered almonds and 1/2 chopped banana or apple</p> <p>Clear herbal tea</p> <p>1 cup water</p> 

Day 23



W=Women M=Men

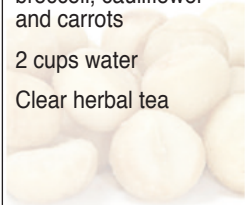



Begin your day with the routine of drinking 4 cups of water. What a great habit!

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 1/3 cup dry Cream of Wheat ® cooked in 2/3 cup water topped with 2 Tbsp. ground flax seed and 2 Tbsp. wheat germ, sweetened only with 1/4 cup unsweetened applesauce</p> <p>M: Same as above but ½ cup dry cereal cooked in 1 cup water</p> <p>W: 4 hard boiled eggs + one yolk</p> <p>M: 5 to 6 hard boiled eggs + one yolk</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 1 piece of fruit of your choice + 2 oz hard cheese + 1 brown rice cake</p> <p>M: 1 piece of fruit + 4 oz hard cheese + 2 brown rice cakes</p> <p>2 cups water</p> <p>Clear herbal tea or black coffee</p>	<p>W: 1½ cups chili served over 1/2 cup cooked brown rice</p> <p>M: 2 cups chili served over 3/4 cup cooked brown rice</p> <p>2 cups water</p>	<p>W: 2 pieces Ryvita ® or brown rice cakes with hummus</p> <p>M: 3 – 4 pieces Ryvita ® or brown rice cakes with hummus</p> <p>W: One handful mixed raw carrot and celery sticks (or any raw vegetable) this is about 1 cup</p> <p>M: Same as above but 1½ cups raw vegetables</p>	<p>W: 4 oz lean roasted turkey breast</p> <p>M: 6 oz lean roasted turkey breast</p> <p>W: 1 cup cooked squash + 1 cup steamed green beans</p> <p>M: 1 cup cooked squash + 1 cup steamed green beans</p> <p>W: 1/2 small baked sweet potato</p> <p>M: 1 small baked sweet potato</p> <p>2 cups water</p>	<p>W: 1 apple dipped in 2 Tbsp. natural nut butter</p> <p>M: 1 apple dipped in 3 Tbsp. natural nut butter</p> <p>Clear herbal tea</p> 

Meal Plan – Week 4 / Day 22**SUPREME
90DAY**

W=Women M=Men


Drink your water folks! 4 cups.

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 2/3 cup Ezekiel 4:9® cereal with 1 cup skim milk, or rice or almond milk topped with 2 Tbsp. ground flax seed and 1/2 cup mixed berries</p> <p>M: Same as above but 1 cup cereal with 1½ cups milk of your preference</p> <p>W: 4 egg white + 1 yolk omelet cooked with spinach and tomato (1/2 cup spinach + 1 small tomato)</p> <p>M: Same as above but with 6 egg whites + 1 yolk in the omelet</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 1/2 cup low fat plain yogurt mixed with 2 Tbsp. ground flax seed, 1/2 chopped apple and 2 Tbsp. raisins or cranberries</p> <p>M: 3/4 cup low fat plain yogurt</p> <p>2 cups water</p> <p>Clear herbal tea or coffee</p>	<p>W: 2 cups salad greens + 1/2 cup chopped salad veggies + 4 oz water packed tuna or salmon + oil and vinegar dressing</p> <p>M: 2 cups salad greens + 1/2 cup chopped salad veggies + 6 oz water packed tuna or salmon + oil and vinegar dressing</p> <p>2 cups water</p> <p>Clear herbal tea or black coffee</p>	<p>W: 1/2 cup plain yogurt topped with 1/2 cup chopped apple</p> <p>M: 1 cup plain yogurt topped with 1 apple</p> <p>Clear herbal tea or black coffee</p>	<p>W: 4 oz lean fish grilled + 1/2 plain baked potato + 2 cups steamed mixed broccoli, cauliflower and carrots</p> <p>M: 6 oz lean fish grilled + 1 plain baked potato (size of your fist) + 2 cups steamed mixed broccoli, cauliflower and carrots</p> <p>2 cups water</p> <p>Clear herbal tea</p>  	<p>W: 1 brown rice cake spread with 1 Tbsp. natural peanut butter</p> <p>M: 2 brown rice cakes spread each one with 1 Tbsp. natural peanut butter</p> <p>Clear herbal tea</p>  

Day 11**SUPREME
90DAY**

W=Women M=Men

Drink your water! 4 cups please.


MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 4 egg whites + 1 scrambled with 2 Tbsp. each tomato, onions and mushrooms</p> <p>M: 6 egg white + 1 yolk scrambled with 2 Tbsp. tomato, 2 Tbsp. onions, 2 Tbsp. mushrooms</p> <p>M and W: 1 piece whole wheat toast</p> <p>1 12 oz cup of black coffee or Clear Herbal Tea</p>	<p>W: 1 banana with 2 Tbsp. natural peanut butter</p> <p>M: 1 banana with 3 Tbsp. natural peanut butter</p> <p>2 cups water</p>	<p>W: 4 oz chicken breast cooked the way you like it</p> <p>M: 6 oz cooked chicken breast cooked the way you like it</p> <p>M and W: 1/2 cup cooked brown rice</p> <p>1 cup steamed mixed vegetables of your liking</p> <p>2 cups water</p>	<p>W: 4 oz tuna salad made with chopped celery, onion and green pepper mixed with 1/4 cup plain yogurt or dressed with 2 Tbsp. olive oil as an option.</p> <p>M: 5 to 6 oz Tuna salad</p> <p>M and W: 1 small apple</p> <p>2 cups water</p>	<p>W: 4 oz grilled fish</p> <p>M: 6 oz grilled fish</p> <p>W: 1/2 small sweet potato</p> <p>M: 1 small sweet potato</p> <p>1½ cups steamed green beans and carrots</p> <p>2 cups water</p>	<p>1/2 cup cottage cheese + 1 piece Ryvita® or brown rice cakes</p> 

Day 12



W=Women M=Men

Rise and shine! Water drinking time! 4 cups down the hatch!


MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 2/3 cup Ezekiel 4:9 cereal topped with 1 cup skim, rice, soy or almond milk and 2 Tbsp. ground flax seed, 2 Tbsp. wheat germ and 1 sliced banana</p> <p>M: Same as above but 1 cup cereal and 1 1/2 cups milk</p> <p>W: 4 hard boiled egg whites + 1 yolk</p> <p>M: 6 hard boiled egg whites + 1 yolk</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>Protein smoothie made with 1/2 cup fresh or frozen fruit of your liking, 1 scoop whey protein powder, 1 cup water or skim milk or milk of your choice, 1 Tbsp. ground flax seed</p> <p>1 cup water</p>	<p>W: 2 cups spinach topped with chopped salad vegetables and 4 oz cooked chicken dressed with olive oil and vinegar</p> <p>M: Same as above with 6 oz chicken</p> <p>W: 1 small fresh pear</p> <p>M: 1 large fresh pear</p> <p>Clear herbal tea or black coffee</p> <p>1 cup water</p>	<p>W: 4 slices smoked salmon with lemon juice, capers and chopped onion on 2 Ryvita® or 2 brown rice cakes</p> <p>M: Same as above with 6 slices salmon and 2 Ryvita® or brown rice cakes</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1 1/2 cups beef stew made with root vegetables lean beef (See recipe)</p> <p>M: 2 cups lean beef stew</p> <p>2 cups water</p>	<p>M and W: 1 apple + 10 to 12 unsalted nuts</p> <p>Water</p> <p>Clear herbal tea</p> 

Day 21



W=Women M=Men

Drink 4 cups water before anything else!



MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 1/3 cup dry cream of wheat cooked with 2/3 cup water and topped with 2 Tbsp. each ground flax seed and wheat germ, sweetened with 1/4 cup unsweetened applesauce</p> <p>M: 1/2 cup dry cream of wheat cooked with 1 cup water and topped with 2 Tbsp. each ground flax seed and wheat germ, sweetened with 1/2 cup unsweetened applesauce</p> <p>W: 4 egg whites + 1 yolk scrambled with 1 small chopped tomato</p> <p>M: 5 egg whites + 1 yolk scrambled with 1 small chopped tomato</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 2 brown rice cakes + 2 Tbsp. natural peanut butter and 1 small apple</p> <p>M: 3 brown rice cakes + 3 Tbsp. natural peanut butter and 1 medium apple</p> <p>2 cups water</p> <p>Clear herbal tea or black coffee</p>	<p>W: 1 1/2 cups chicken and vegetable stir-fry and served over 1/2 cup cooked brown rice with 4 oz chicken strips</p> <p>M: 2 cups chicken and vegetable stir fry served over 1 cup cooked brown rice with 6 oz chicken strips</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1/2 cup low fat plain yogurt mixed with 2 Tbsp. ground flax seed and 1 banana</p> <p>M: 1 cup low fat plain yogurt mixed with 2 Tbsp. ground flax seed and 1 banana</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 4 oz skinless chicken breast grilled</p> <p>M: 6 oz skinless chicken breast grilled</p> <p>W: 4 baby potatoes roasted</p> <p>M: 6 baby potatoes roasted</p> <p>W: 1 cup cooked spinach dressed with 1 Tbsp. olive oil, seasoned with salt and pepper + several spears cooked asparagus</p> <p>M: 1 cup cooked spinach dressed with 1 Tbsp. olive oil, seasoned with sea salt and black pepper + several spears cooked asparagus</p> <p>2 cups water</p>	<p>W: 1/2 cup low fat plain yogurt + 1/4 cup mixed berries</p> <p>M: 1 cup low fat plain yogurt + 1/2 cup mixed berries</p> <p>Clear herbal tea</p> 

Day 20



W=Women M=Men

Get up and drink your water – 4 cups. Well done!


MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 1/3 cup dry oatmeal cooked in 2/3 cup water + 2 Tbsp. each ground flax seed and wheat germ and 1/4 cup mixed berries</p> <p>M: 1/2 cup dry oatmeal cooked in 1 cup water + 2 Tbsp. each ground flax seed and wheat germ and 1/2 cup mixed berries</p> <p>W: 4 egg whites + 1 yolk scrambled</p> <p>M: 5 egg whites + 1 yolk scrambled</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 1/2 grapefruit + 1/2 cup low fat cottage cheese</p> <p>M: 1 grapefruit + 3/4 cup low fat cottage cheese</p> <p>2 cups water</p> <p>1 cup Clear herbal tea or black coffee</p>	<p>W: 1 whole wheat wrap spread with 2 Tbsp. hummus and stuffed with 4 oz grilled chicken strips, lettuce and sliced tomato</p> <p>M: 1½ whole wheat wraps spread with 2 Tbsp. hummus and stuffed with 6 oz grilled chicken strips, lettuce and sliced tomato</p> <p>2 cups water</p> <p>1 cup Clear herbal tea or black coffee</p>	<p>W: 2 oz hard cheese + 2 brown rice cakes + 1 small apple</p> <p>M: 4 oz hard cheese + 2 or 3 brown rice cakes + 1 small apple</p> <p>2 cups water</p> <p>Clear herbal tea</p> 	<p>W: 4 oz lean beef tenderloin grilled + 1/2 plain baked potato + 2 cups steamed mixed broccoli, cauliflower and carrots</p> <p>M: 6 oz lean beef tenderloin grilled + 1 plain baked potato (size of your fist) + 2 cups steamed mixed broccoli, cauliflower and carrots</p> <p>2 cups water</p> <p>Clear herbal tea</p> 	<p>M and W: 1½ cups air popped popcorn lightly dusted with sea salt and nothing else!</p> <p>Your treat today is 1 4 oz glass of red wine</p>

Day 13



W=Women M=Men

Drink water upon rising.


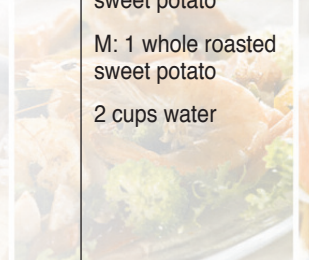

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 2 egg white oatmeal pancakes + 1/2 cup unsweetened applesauce. (See recipe)</p> <p>M: 3 or 4 egg white oatmeal pancakes + 2/3 cup unsweetened applesauce</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 1/2 cup low fat plain yogurt mixed with 2 Tbsp. ground flax seed, 1/2 chopped apple and 2 Tbsp. raisins or cranberries</p> <p>M: 3/4 cup low fat plain yogurt</p> <p>2 cups water</p>	<p>W: 1 cup quinoa salad made with minced garlic, chopped sundried tomatoes, grated carrot and fresh chopped tomatoes and dressed with fresh lemon juice and olive oil. (See recipe)</p> <p>M: Same as above but with 1½ cups quinoa salad</p> <p>2 cups water</p> <p>Clear herbal tea or black coffee</p>	<p>W: 2 pieces cantaloupe + 4 oz hard cheese and 1 slice whole wheat toast, Ryvita® or brown rice cake</p> <p>M: 2 pieces cantaloupe + 5 oz hard cheese and 1 slice whole wheat bread, Ryvita® or brown rice cake</p> <p>2 cups water</p>	<p>W: 1¼ cups stir fry made with 4 oz lean cooked chicken breast, snow peas, grated carrots, onions and peppers over ½ cup brown rice</p> <p>M: 2½ cups chicken stir fry made with 5 oz lean cooked chicken breast, snow peas, grated carrots, onions and peppers over 1 cup brown rice</p> <p>2 cups water</p>	<p>M and W: 1½ cups air popped popcorn dusted lightly with sea salt</p> <p>M and W: 1 glass of red wine</p> 

Day 14



W=Women M=Men

Up you get and drink your 4 cups of water down!




MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 4 egg whites + 1 yolk omelet made with vegetables of your choice</p> <p>M: 6 egg whites + 1 yolk omelet made with vegetables of your choice</p> <p>W: 1 piece whole wheat toast</p> <p>M: 2 pieces whole wheat toast</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 1/2 cup low fat cottage cheese or yogurt topped with 2 Tbsp. chopped dried fruits and 1 Tbsp. chopped natural nuts</p> <p>M: 3/4 cup low fat cottage cheese or yogurt topped with 2 Tbsp. chopped dried fruits and 1 Tbsp. chopped natural nuts</p> <p>2 cups water</p>	<p>W: 1½ cups chili served over 1/2 cup cooked brown rice (See recipe)</p> <p>M: 2 cups chili served over 3/4 cup cooked brown rice</p> <p>2 cups water</p>	<p>W: 4 oz water packed tuna served on 2 cups salad greens and dressed with lemon juice and oil of your choice</p> <p>M: Same as above but with 6 oz tuna</p> <p>2 cups water</p>	<p>W: 4 oz lean grilled beef tenderloin</p> <p>M: 6 oz lean grilled beef tenderloin</p> <p>W and M: 2 cups steamed mixed vegetables</p> <p>W: 1/2 medium roasted sweet potato</p> <p>M: 1 whole roasted sweet potato</p> <p>2 cups water</p>	<p>M: 1/2 cup unsweetened applesauce and 1 biscotti</p> <p>W: 3/4 cup unsweetened applesauce and 1 biscotti</p> <p>Clear herbal tea</p>
					

Day 19



W=Women M=Men

Drink your water folks! 4 cups.

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 2 oatmeal egg white pancakes (See recipe) topped with 1/4 cup unsweetened applesauce</p> <p>M: 4 oatmeal egg white pancakes topped with 1/2 cup unsweetened applesauce</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 1 small whole wheat wrap stuffed with 1 cup shredded lettuce leaves and 3 chopped egg whites + 1 yolk</p> <p>M: 1 medium whole wheat wrap stuffed with 1½ cups shredded lettuce leaves and 4 chopped egg whites + 1 yolk</p> <p>2 cups water</p> <p>Clear herbal tea or clear black coffee</p>	<p>W: 1½ cups Tomato soup + 1 piece whole wheat toast</p> <p>M: 2 cups Tomato soup + 1 piece whole wheat toast</p> <p>2 cups water</p> <p>Clear herbal tea or black coffee</p>	<p>W: 3 hard boiled egg whites (no yolk) + 2 brown rice cakes + 1/2 cup cherry tomatoes</p> <p>M: 4 hard boiled egg whites (no yolk) + 3 brown rice cakes + 2/3 cup cherry tomatoes</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 4 oz Arctic char baked + 2 cups steamed mixed vegetables + 1/2 cup cooked brown rice</p> <p>M: Same as above with 6 oz fish and 1 cup cooked brown rice</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W and M: 1/2 grapefruit + 1/2 cup low fat cottage cheese</p>
					


Day 18



W=Women M=Men

Drink 4 cups water.

You should really be noticing a brand new efficiency in your digestion and elimination processes. Good for you!


MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 1/3 cup cream of wheat cereal cooked with 2/3 cup water + 2 Tbsp. ground flax seed + 2 Tbsp. wheat germ and 1/2 cup unsweetened applesauce</p> <p>M: 1/2 cup cream of wheat cereal cooked with 1 cup water + 2 Tbsp. ground flax seed + 2 Tbsp. wheat germ and 1/2 cup unsweetened applesauce</p> <p>W: 4 hard boiled egg whites + 1 yolk</p> <p>M: 5 hard boiled egg whites + 1 yolk</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 1 piece of fruit of your choice + 2 oz hard cheese</p> <p>M: 1 piece of fruit + 4 oz hard cheese</p> <p>2 cups water</p> <p>Clear herbal tea or black coffee</p>	<p>W: 2 cups salad greens + 1/2 cup chopped salad veggies + 4 oz water packed tuna or salmon + oil and vinegar dressing</p> <p>M: 2 cups salad greens + 1/2 cup chopped salad veggies + 6 oz water packed tuna or salmon + oil and vinegar dressing</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 3 hard boiled egg whites + 1 piece Ryvita® or brown rice cake + handful cherry tomatoes</p> <p>M: 4 hard boiled egg whites + 2 pieces Ryvita® or 2 Brown rice cakes + handful cherry tomatoes</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1½ cups chicken stir-fry made with 4 oz lean chicken breast and 2 cups vegetables of your liking served over 1/2 cup brown rice</p> <p>M: 2 cup chicken stir-fry made with 5 oz lean chicken breast and 2 cups vegetables of your liking served over 1/2 cup brown rice</p> <p>2 cups water</p>	<p>W and M: 1/4 cup dry oats cooked with 1/2 cup water topped with 2 Tbsp. plain yogurt and 2 Tbsp. dried fruit</p> <p>Water if necessary</p> <p>Clear herbal tea</p> 

Meal Plan – Week 3 / Day 15



W=Women M=Men

Up you get and drink your 4 cups of water down!


MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 4 egg whites + 1 yolk omelet made with vegetables of your choice</p> <p>M: 6 egg whites + 1 yolk omelet made with vegetables of your choice</p> <p>W: 1 piece whole wheat toast</p> <p>M: 2 pieces whole wheat toast</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 1 cup raw vegetables + 2 Tbsp. hummus</p> <p>M: 1½ cups raw vegetables + 2 Tbsp. hummus</p> <p>2 cups water</p>	<p>W: 1½ cups quinoa salad (See recipe)</p> <p>M: 2 cups quinoa salad</p> <p>2 cups water</p> <p>Black coffee or Clear herbal tea</p>	<p>W: 1 cup protein smoothie made with 1/2 banana, 2 scoops whey protein powder, 1 cup skim milk or milk of your preference, 1 Tbsp. natural peanut butter, 1 Tbsp. ground flax seed.</p> <p>M: 1½ cups protein smoothie as above</p>	<p>W: 4 oz grilled tilapia</p> <p>M: 6 oz grilled tilapia</p> <p>W and M: 1 cup cooked spinach + 1 cup cooked asparagus</p> <p>W: 1/2 cup brown rice</p> <p>M: 3/4 cup brown rice</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W and M: 1/2 cup raw veggies and 2 Tbsp. hummus</p> <p>Water or tea as you require</p> 

Day 16



W=Women M=Men

Drink 4 cups water.

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 2/3 cup muesli cereal with 1 cup milk of your choice (skim, soy, almond or rice) + 2 Tbsp. ground flax seed</p> <p>M: 1 cup muesli cereal with 1½ cups milk of your choice + 2 Tbsp. ground flax seed</p> <p>W: 4 hard boiled egg whites + 1 yolk</p> <p>M: 5 hard boiled egg whites + 1 yolk</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 1 small apple + handful (12) raw unsalted nuts</p> <p>M: 1 medium apple + 15 nuts</p> <p>2 cups water</p> <p>Clear herbal tea or black coffee</p>	<p>W: 1 whole wheat wrap with any leftover Quinoa Salad and handful shredded lettuce</p> <p>M: 1½ whole wheat wrap with leftover Quinoa Salad and handful-shredded lettuce</p> <p>2 cups water</p>	<p>W: 2 Ryvita® or brown rice cakes with 2 Tbsp. natural nut butter or hummus</p> <p>M: 3 Ryvita® or brown rice cakes with 3 Tbsp. natural nut butter or hummus</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1½ cups Chili over 1/2 cup brown rice</p> <p>M: 2 cups Chili over 3/4 cup brown rice</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1 cup air popped popcorn with a light dusting of sea salt</p> <p>M: 1½ cups air popped popcorn</p>
					

Day 17



W=Women M=Men

Drink up! 4 cups of water.

MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6
<p>W: 1/3 cup dry oatmeal cooked in 2/3 cup water + 2 Tbsp. flax seed and 1/2 cup mixed berries</p> <p>M: 1/2 cup dry oatmeal cooked in 1 cup water + 2 Tbsp. flax seed and 1/2 cup mixed berries</p> <p>W: 4 egg whites + 1 yolk scrambled</p> <p>M: 5 egg whites + 1 yolk scrambled</p> <p>1 12 oz cup of black coffee or Clear herbal tea</p>	<p>W: 1 small whole wheat wrap spread with 2 Tbsp. natural nut butter and 1 peeled whole banana; cut the wrap in half and eat 1/2 now and the other half at MEAL 4</p> <p>M: 1 small whole wheat wrap spread with 2 Tbsp. natural nut butter and 1 peeled whole banana (make 2 of these so you can eat one later on at Meal 4)</p> <p>2 cups water</p> <p>Clear herbal tea or black coffee</p>	<p>W: 1½ cups tomato soup + 1 slice Ryvita® or 1 brown rice cake</p> <p>M: 2 cups tomato soup + 2 slices Ryvita® or 2 brown rice cakes</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: Eat the other half of the banana wrap made earlier</p> <p>M: Eat the other banana wrap made earlier</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 4 oz cooked grilled salmon</p> <p>M: 6 oz cooked grilled salmon</p> <p>W and M: 2 cups steamed mixed broccoli and cauliflower florets</p> <p>W: 4 baby potatoes</p> <p>M: 6 baby potatoes</p> <p>2 cups water</p> <p>Clear herbal tea</p>	<p>W: 1/2 cup plain low fat yogurt + 1/2 chopped apple + 1 Tbsp. flax seed</p> <p>M: 2/3 cup plain low fat yogurt + 1/2 chopped apple + 1 Tbsp. flax seed</p> <p>1 cup water or more to round out your daily intake</p>
