

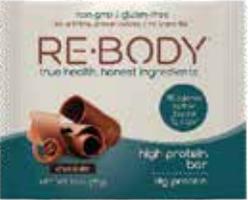
## ONE WEEK RE·BODY® MEAL PLAN™

DAY	BREAKFAST	LUNCH	MID-DAY SNACK	DINNER
MON	 <p><b>Fried Eggs 'n Turkey Sausage</b> (402 calories, 28g carbs, 16g fiber, 32g protein, 18g fat) 2 eggs fried in coconut oil cooking spray  <ul style="list-style-type: none"> <li>• 1 slice uncured all-natural turkey sausage.</li> </ul> </p>	 <p><b>Turkey Chili</b> (380 calories, 28g carbs, 7g fiber, 31g protein &amp; 16g fat) Add 2 oz. all-natural, free range ground turkey (browned) to 1 cup pre-made organic vegetarian chili</p>		 <p><b>Fresh Tilapia with Brussels Sprouts</b> (411 calories, 32g carbs, 6g fiber, 37g protein, 15g fat) Coat a 4 oz. tilapia fillet with extra-virgin olive oil, then coat on both sides with a mixture of seasoned bread crumbs</p>
TUE	 <p><b>Egg-cellent Omelet</b> (389 calories, 30g carbs, 8g fiber, 29g protein, 17g fat)            Omelet with 2 eggs + 2 egg whites  <ul style="list-style-type: none"> <li>• 1 cup spinach leaves 1oz. shredded 2% cheddar cheese.</li> </ul> </p>	 <p><b>Turkey Tacos</b> (420 calories, 32g carbs, 6g fiber, 37g protein, 16g fat)            Distribute between 2 whole grain taco shells: 3 oz. browned ground turkey, 2 Tbsp. shredded cheddar cheese, ¼ cup chopped tomatoes</p>		 <p><b>Buffalo Burger with Grilled Corn on the Cob</b> (419 calories, 34g carbs, 3g fiber, 37g protein, 15g fat) 4 oz. all-natural buffalo meat on a whole-grain hamburger bun. Serve with a small cob of corn, coated with olive oil and grilled.</p>
WED	 <p><b>Breakfast Scramble</b> (397 calories, 29g carbs, 3g fiber, 32g protein, 17g fat) Scramble 2 eggs in extra virgin olive oil cooking spray; mix in 1 cup firm tofu (cubed) and ¼ cup shredded mozzarella cheese.</p>	 <p><b>Grilled Chicken Salad</b> (398 calories, 30g carbs, 13g fiber, 38g protein, 14g fat)            Toss 3 cups fresh Romaine lettuce with 2 Tbsp. salad dressing. Top with 3 oz. sliced organic grilled chicken breast and 1 Tbsp.</p>		 <p><b>Sirloin Steak with Buckwheat Noodles</b> (420 calories, 32g carbs, 4g fiber, 37g protein, 16g fat) 3 oz. beef sirloin steak (all-natural, organic). Serve with 1/2 cup cooked whole grain soba noodles (buckwheat noodles).</p>
THU	 <p><b>Yummy Yogurt Parfait</b> (418 calories, 30g carbs, 5g fiber, 34g protein, 18g fats)            Layer in a bowl or parfait cup: 6 oz. Greek yogurt, ½ cup sliced fresh strawberries and blueberries</p>	 <p><b>Chicken and Brown Rice</b> (420 calories, 32g carbs, 6g fiber, 37g protein, 16g fat)            3 oz. baked chicken breast • ½ cup brown rice 1 cup steamed or roasted broccoli, tossed with ½ Tbsp. extra virgin olive oil.</p>		 <p><b>Tofu Stir-Fry</b> (417 calories, 32g carbs, 13g fiber, 34g protein, 17g fat) Heat ½ Tbsp. extra virgin olive oil in a skillet. Stir-fry 5 oz. tofu, ¾ cup edamame, and 2 cups mixed fresh vegetables.</p>

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

\*All RE·BODY products are intended to be used in conjunction with a healthy diet and exercise program. As always, consult with a physician before starting any diet or exercise program

## ONE WEEK RE·BODY® MEAL PLAN™

DAY	BREAKFAST	LUNCH	MID-DAY SNACK	DINNER
FRI	 <p><b>Open-Faced Veggie Sausage Sandwich</b> (384 calories, 31g carbs, 4g protein, 16g fat) ½ English muffin (toasted), topped with 1 all-natural vegetarian breakfast sausage patty, and 1 slice of your favorite cheese.</p>	 <p><b>Hamburger &amp; Baked Sweet Potato Fries</b> (420 calories, 32g carbs, 6g fiber, 37g protein, 16g fat) 3.5 oz. lean ground beef patty (all-natural, organic) on a whole grain hamburger bun. Serve with ½ cup baked sweet potato fries.</p>		 <p><b>Citrus Salmon Salad</b> (384 calories, 29g carbs, 4g fiber, 31g protein, 16g fat) Toss 3 cups fresh organic salad greens with 1 Tbsp. citrus vinaigrette dressing. Top with 3.5 oz. grilled or baked wild Alaskan salmon</p>
SAT	 <p><b>Whole-Grain Bagel 'n Lox</b> (395 calories, 32g carbs, 3g fiber, 33g protein, 15g fat) ½ whole-grain oatmeal-flax bagel, topped with 1.5 Tbsp. cream cheese and 4 oz. all-natural nitrate-free smoked salmon (lox).</p>	 <p><b>Chicken-Veggie Wrap</b> (420 calories, 32g carbs, 6g fiber, 37g protein, 16g fat) Fill a whole grain tortilla wrap with: 2 oz. grilled chicken breast (cubed), 1 oz. sliced Swiss cheese, 1-2 cups grilled, roasted, or sautéed veggies.</p>		 <p><b>Egg Salad and Chicken Wrap</b> (375 calories, 27g carbs, 3g fiber, 33g protein, 16g fat) Mix together 2 chopped hard-boiled eggs, 1-2 oz. sliced grilled chicken, and ¼ cup plain Greek yogurt. Fill a whole grain tortilla wrap with mixture.</p>
SUN	 <p><b>Sweet Potato Hash Browns &amp; Turkey Sausage</b> (409 calories, 33g carbs, 5g fiber, 31g protein, 17g fat) 4-5 oz. uncured all-natural turkey sausage • 1 cup sweet potato hash browns cooked in coconut oil cooking</p>	 <p><b>Grilled Salmon, Cauliflower &amp; Black-Eyed Peas</b> (420 calories, 32g carbs, 6g fiber, 37g protein, 16g fat) Steam 2 cups cauliflower; then puree with ½ cup coconut milk, one garlic clove, and salt/pepper to taste.</p>		 <p><b>Salmon Sandwich with Baked Sweet Potato Fries</b> (378 calories, 31g fat, 4g fiber, 32g protein, 14g fat) 3.5 oz. grilled or baked wild Alaskan salmon on a whole-grain hamburger bun. Serve with ½ cup baked sweet potato fries.</p>

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

†All RE·BODY products are intended to be used in conjunction with a healthy diet and exercise program. As always, consult with a physician before starting any diet or exercise program