Week 1	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Breakfast	½ Grapefruit Coffee or Tea	½ Grapefruit Coffee or Tea 3 Egg Whites (**HIIT workout)	½ Grapefruit Coffee or Tea	½ Grapefruit Coffee or Tea 3 Egg Whites (**HIIT workout)	½ Grapefruit Coffee or Tea	½ Grapefruit Coffee or Tea 3 Egg Whites (**HIIT workout)	½ Grapefruit Coffee or Tea
Lunch	Turk. Meatball Soup	Grilled Sea Bass	Crock Pot Chicken	Shrimp Cocktail	Halibut Wrap	Ginger Chicken	Hamburger
Snack	Apple	Strawberry's	Orange	Apple Pie	Strawberry's	Orange	Apple
Dinner	Apple Chicken Salad	Curry Chicken	Turkey Burger	Shredded Chicken Salad	Egg Florentine	Scallops	Taco Salad
Snack	Lemonade Slushy	Orange	Strawberry's	Apple Pie	Lemonade	Hot Apple Pie	Strawberry's

*NOTE: All meal choices are in the HCG Body for Life Recipe Book- Phase II. Vegetables are included with every meal recipe.

****HIIT workout routines can be done on M-W-F or T-TH-S resting on Sundays. The 3 egg whites provide extra protein on workout days to help with the muscle building process.**

Week 2	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Breakfast	½ Grapefruit Coffee or Tea	½ Grapefruit Coffee or Tea 3 Egg Whites (**HIIT workout)	½ Grapefruit Coffee or Tea	½ Grapefruit Coffee or Tea 3 Egg Whites (**HIIT workout)	½ Grapefruit Coffee or Tea	½ Grapefruit Coffee or Tea 3 Egg Whites (**HIIT workout)	½ Grapefruit Coffee or Tea
Lunch	Taco Salad	Sole Wrap	Curry Chicken	Turkey Chili	Halibut Wrap	Grilled Chicken	Scallops
Snack	Apple	Orange	Strawberry's	Apple Pie	Orange	Strawberry's	Apple
Dinner	Egg Flore	Turkey Chili	Shrimp Scampi	Shredded Chicken Salad	Hamburger	Chilean Sea Bass	Turkey Burger
Snack	Hot Apple Pie	Orange	Strawberry's	Lemonade	Apple Pie	Lemonade Slushy	Strawberry's

*NOTE: All meal choices are in the HCG Body for Life Recipe Book- Phase II. Vegetables are included with every meal recipe.

****HIIT workout routines can be done on M-W-F or T-TH-S resting on Sundays. The 3 egg whites provide extra protein on workout days to help with the muscle building process.**

Week 3	Sun	Mon	Tues	Wed	Thu	Fri	Sat
Breakfast	½ Grapefruit Coffee or Tea	½ Grapefruit Coffee or Tea 3 Egg Whites (**HIIT workout)	½ Grapefruit Coffee or Tea	½ Grapefruit Coffee or Tea 3 Egg Whites (**HIIT workout)	½ Grapefruit Coffee or Tea	½ Grapefruit Coffee or Tea 3 Egg Whites (**HIIT workout)	½ Grapefruit Coffee or Tea
Lunch	Chicken & Broccoli	Scallops	Apple Chicken Salad	Shrimp Cocktail	Taco Salad	Shrimp Scampi	Curry Chicken
Snack	Strawberry's	Apple	Orange	Apple Pie	Strawberry's	Apple	Orange
Dinner	Egg Flore	Turkey Chili	Shrimp Scampi	Shredded Chicken Salad	Hamburger	Chilean Sea Bass	Turkey Burger
Snack	Lemonade Slushy	Apple Pie	Strawberry's	Lemonade	Orange	Hot Apple Pie	Strawberry's

NOTE: All meal choices are in the HCG Body for Life Recipe Book- Phase II. Vegetables are included with every meal recipe.

****HIIT workout routines can be done on M-W-F or T-TH-S resting on Sundays. The 3 egg whites provide extra protein on workout days to help with the muscle building process.**