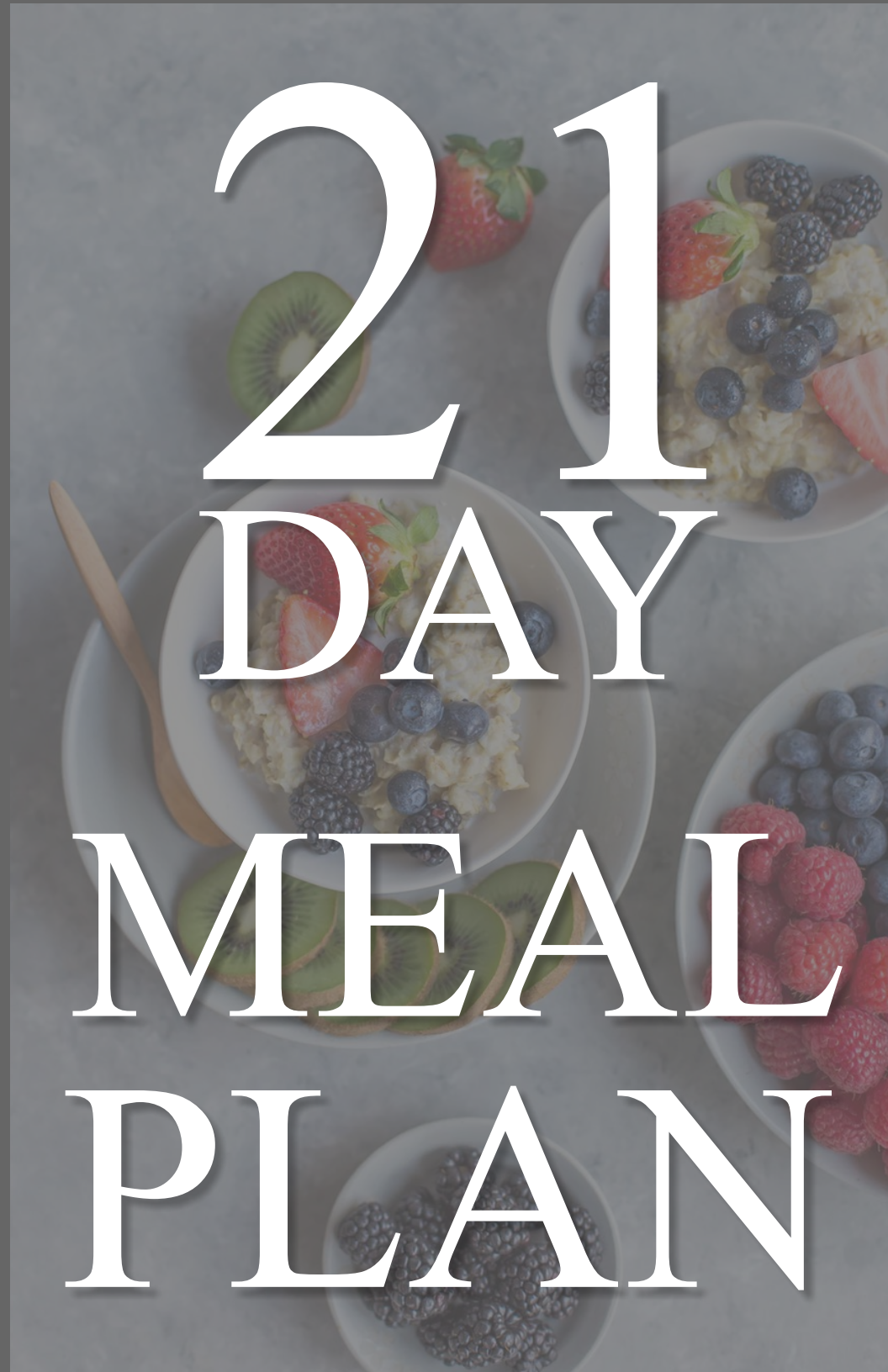
21
DAY
MEAL
PLAN

HINTS & TIPS

BEVERAGES

- Stay away from sugary soft drinks.
- Have skim milk in your coffee with no added sugar.
- Drink at least 8 glasses of water throughout the day. Water is essential for metabolism, so don't let your body beg you for a drink (coffee is not a replacement for water)
- Drink healthy beverages such as: green tea, herbal tea, unsweetened vegetable and fruit juice, and unsweetened tea.

COOKING INGREDIENTS

- Use healthy cooking ingredients such as Dijon mustard. garlic, ginger, green onion, lemon juice, lime juice, olive oil, salsa, hot pepper sauce and herbs such as basil, cilantro, mint leaves, parsley, tarragon, ginger, etc.
- Use non-creamy, salad dressing such as red wine vinegar, balsamic vinegar and/or olive oil.

MEAL REPLACEMENT

- Don't skip meals. But feel free to replace a snack for a snack or a meal for a meal from the list.

The quotes in this meal plan are Gilad's philosophical opinions to assist you with weight loss and maintain your progress.

Consult your physician before beginning this or any exercise program.

DAY 1

Today's Workout

Vol 1 Workout No 1

BREAKFAST

- Egg white omelette (2 to 4 egg whites)
- Assorted vegetables such as tomatoes, parsley, broccoli, asparagus and spinach.

LUNCH

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces broiled tuna (ahi)
- Steamed vegetable medley such as broccoli, cauliflower, zucchini (minimum 2 cups)

AFTERNOON SNACK

- Protein shake with mixed berries (add 4-6 ounces skim milk, fresh fruit juice or water and one half cup ice)

DINNER

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces grilled chicken
- Steamed vegetables (minimum 2 cups)

AFTER DINNER SNACK

- 1 cup fruit medley or 2 fresh fruits such as apples, pears, oranges or papayas

QUICK TIP

"You will add years to your life and life to your years when you eat right"

DAY 2

Today's Workout

Vol 1 Workout No 2

BREAKFAST

- 1 grapefruit
- ½ cup oatmeal (made in water) with strawberries or blueberries

LUNCH

- 4-6 ounces broiled salmon
- Steamed vegetables (minimum 2 cups)
- ½ sweet potato

AFTERNOON SNACK

- Protein shake with mixed berries (add 4-6 ounces skim milk, fresh juice or water and ½ cup ice)

DINNER

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces shrimp kabobs
- Steamed vegetable medley (minimum 2 cups)

AFTER DINNER SNACK

- 1 cup air-popped popcorn or
- 1 cup fresh fruit

QUICK TIP

"Eating the right foods will positively affect your emotions and your motivational level!"

DAY 3

Today's Workout

Vol 2 Workout No 1

BREAKFAST

- 1 cup sliced fruit
- 1 rye toast (dry)
- ½ cup low-fat cottage cheese

LUNCH

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 1 cup lentil soup with 1 scoop brown rice
- Steamed zucchini and eggplant (minimum 2 cups)

AFTERNOON SNACK

- Protein shake with mixed berries or ½ banana (add 4-6 ounces skim milk, fresh juice or water and ½ cup ice)

DINNER

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces broiled salmon
- Steamed vegetables medley such as broccoli, cauliflower, carrots, peas, or green beans (minimum 2 cups)

QUICK TIP "Fiber rich foods cause a delay in glucose absorption therefore slowing the rate at which glucose reaches the bloodstream""

AFTER DINNER SNACK

- 1 cup fresh fruit with ½ cup dried fruits

DAY 4

Today's Workout

Vol 2 Workout No 2

BREAKFAST

- 1 grapefruit
- 2 scrambled eggs (preferably egg whites) with fresh cilantro and salsa

LUNCH

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces poached fish (your choice)
- Steamed broccoli or cauliflower (minimum 2 cups)
- 1 scoop brown rice

AFTERNOON SNACK

- Protein shake with mixed berries (add 4-6 ounces skim milk, fresh juice or water and ½ cup ice)

DINNER

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces sliced turkey breast
- Vegetable medley (minimum 2 cups)

QUICK TIP "It just as easy to drink calories as it is to eat them. Be aware of high calorie drinks!""

AFTER DINNER SNACK

- 1 cup seasonal fruit

DAY 5

Today's Workout

Vol 3 Workout No 1

BREAKFAST

- 1 apple
- ½ cup oatmeal (made in water) with raisins and almonds

LUNCH

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces steamed lemon basil white fish
- Steamed snow peas and broccoli (minimum 2 cups)
- ½ sweet potato

AFTERNOON SNACK

- 1 cup assorted berries
- Protein shake with ½ banana (add 4-6 ounces skim milk fresh fruit juice or water and ½ cup ice)

DINNER

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces lean steak fillet
- Steamed fresh vegetables (minimum 2 cups)

AFTER DINNER SNACK

- ½ cup low-fat yogurt with nuts and raisins

QUICK TIP

"Keeping the body well hydrated is crucial to your metabolism and heath"

DAY 6

Today's Workout

Vol 3 Workout No 2

BREAKFAST

- 1 grapefruit
- 1 cup fresh seasonal fruit
- 1 rye toast with 1 tablespoon low-fat cottage cheese

LUNCH

- Large green salad with 4-6 ounces grilled or broiled chicken breast
- Vegetable soup with 1 scoop brown rice

AFTERNOON SNACK

- Protein shake with mixed berries (add 4-6 ounces skim milk, fresh fruit juice or water and ½ cup ice)
- ½ cup almonds and raisins

DINNER

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces lemon/garlic pepper swordfish
- Steamed vegetables (minimum 2 cups)

AFTER DINNER SNACK

- 1 cup fresh seasonal fruit

QUICK TIP

"Jump-start your meatabolism with a good healthy breakfast"

DAY 7

Today's Workout

Vol 4 Workout No 1

BREAKFAST

- 2-4 scrambled egg whites with tomatoes and parsley
- 1 cup high fiber cereal with skim milk

LUNCH

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- Vegetarian chili
- 4-6 ounces of turkey breast
- Steamed vegetable medley (minimum 2 cups)

AFTERNOON SNACK

- Protein shake with ½ banana (add 4-6 ounces skim milk, fresh fruit juice or water and ½ cup ice)
- ½ cup almonds, hazelnuts and raisins

DINNER

- Large green salad 1 teaspoon olive oil and 1 tablespoon vinegar
- 1 cup black bean chili with 1 scoop brown rice
- Steamed vegetables (minimum 2 cups)

AFTERNOON DINNER SNACK

- 1 cup fresh fruit and/or
- 1 cup air popped popcorn

QUICK TIP

"Eat 3 meals a day along with 2 healthy snacks. Skipping meals is a poor strategy for losing weight"

DAY 8

Today's Workout

Vol 4 Workout No 2

BREAKFAST

- 1 grapefruit
- Egg white omelette (2-4 egg whites) with asparagus, tomatoes and salsa

LUNCH

- Large green salad with 1 tablespoon vinaigrette dressing
- 4-6 ounces sliced turkey breast
- Medley of steamed vegetables (minimum 2 cups)
- ½ sweet potato

AFTERNOON SNACK

- Protein shake with ½ banana (add 4-6 ounces skim milk, fresh fruit juice or water and ½ cup ice)

DINNER

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces poached salmon
- Steamed vegetables such as asparagus, broccoli and cauliflower (minimum 2 cup)

AFTER DINNER SNACK

- 1 cup fresh fruit
- ½ cup dried fruit or raisins

QUICK TIP

"Begin and end your day with a tall glass of water"

DAY 9

Today's Workout

Vol 5 Workout No 1

BREAKFAST

- 1 cup seasonal fruits
- 1 tablespoon low fat cottage cheese
- 1 rye toast (dry)

LUNCH

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces broiled halibut
- 1 cup green peas and /or green beans
- 1 scoop brown rice

AFTERNOON SNACK

- Protein shake with mixed berries (add 4-6 ounces skim milk, fresh fruit juice or water and ½ cup ice)

DINNER

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounce chicken in stir fry (1 teaspoon olive oil) with vegetables (maximum 2 cups)

AFTER DINNER SNACK

- 2 seasonal fruits
- ½ cup mixed nuts

QUICK TIP

"Enjoy 5 servings of fruits and vegetables per day"

DAY 10

Today's Workout

Vol 5 Workout No 2

BREAKFAST

- ½ cup oatmeal (made in water)
- 1 cup seasonal fresh fruit

LUNCH

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces chicken breast in fajitas
- 1 scoop brown rice

AFTERNOON SNACK

- 1 cup assorted berries
- Protein shake with ½ banana (add 4-6 ounces skim milk, fresh fruit juice or water and ½ cup ice)

DINNER

- Leafy green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces broiled tuna (ahi) steak
- Vegetable medley (minimum 2 cups)

AFTER DINNER SNACK

- ½ cup low-fat yogurt with almonds and raisins

QUICK TIP

"Chew your food well. The slower you chew your food, the more chance your digestive enzymes will have to start the breakdown process of the food before it reaches your stomach"

DAY 11

REST DAY

BREAKFAST

- Egg white omelette (2 to 4 egg whites)
- Assorted vegetables such as tomatoes, parsley, broccoli, asparagus and spinach.

LUNCH

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces broiled tuna (ahi)
- Steamed vegetable medley such as broccoli, cauliflower, zucchini (minimum 2 cups)

AFTERNOON SNACK

- Protein shake with mixed berries (add 4-6 ounces skim milk, fresh fruit juice or water and one half cup ice)

DINNER

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces grilled chicken
- Steamed vegetables (minimum 2 cups)

AFTER DINNER SNACK

- 1 cup fruit medley or 2 fresh fruits such as apples, pears, oranges or papayas

QUICK TIP

"You will add years to your life and life to your years when you eat right"

DAY 12

Today's Workout

Vol 1 Workout No 1

BREAKFAST

- 1 grapefruit
- ½ cup oatmeal (made in water) with strawberries or blueberries

LUNCH

- 4-6 ounces broiled salmon
- Steamed vegetables (minimum 2 cups)
- ½ sweet potato

AFTERNOON SNACK

- Protein shake with mixed berries (add 4-6 ounces skim milk, fresh juice or water and ½ cup ice)

DINNER

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces shrimp kabobs
- Steamed vegetable medley (minimum 2 cups)

AFTER DINNER SNACK

- 1 cup air-popped popcorn or
- 1 cup fresh fruit

QUICK TIP

"Eating the right foods will positively affect your emotions and your motivational level!"

DAY 13

Today's Workout

Vol 1 Workout No 2

BREAKFAST

- 1 cup sliced fruit
- 1 rye toast (dry)
- ½ cup low-fat cottage cheese

LUNCH

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 1 cup lentil soup with 1 scoop brown rice
- Steamed zucchini and eggplant (minimum 2 cups)

AFTERNOON SNACK

- Protein shake with mixed berries or ½ banana (add 4-6 ounces skim milk, fresh juice or water and ½ cup ice)

DINNER

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces broiled salmon
- Steamed vegetables medley such as broccoli, cauliflower, carrots, peas, or green beans (minimum 2 cups)

QUICK TIP "Fiber rich foods cause a delay in glucose absorption therefore slowing the rate at which glucose reaches the bloodstream""

AFTER DINNER SNACK

- 1 cup fresh fruit with ½ cup dried fruits

DAY 14

Today's Workout

Vol 2 Workout No 1

BREAKFAST

- 1 grapefruit
- 2 scrambled eggs (preferably egg whites) with fresh cilantro and salsa

LUNCH

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces poached fish (your choice)
- Steamed broccoli or cauliflower (minimum 2 cups)
- 1 scoop brown rice

AFTERNOON SNACK

- Protein shake with mixed berries (add 4-6 ounces skim milk, fresh juice or water and ½ cup ice)

DINNER

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces sliced turkey breast
- Vegetable medley (minimum 2 cups)

QUICK TIP "It just as easy to drink calories as it is to eat them. Be aware of high calorie drinks!""

AFTER DINNER SNACK

- 1 cup seasonal fruit

DAY 15

Today's Workout

Vol 2 Workout No 2

BREAKFAST

- 1 apple
- ½ cup oatmeal (made in water) with raisins and almonds

LUNCH

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces steamed lemon basil white fish
- Steamed snow peas and broccoli (minimum 2 cups)
- ½ sweet potato

AFTERNOON SNACK

- 1 cup assorted berries
- Protein shake with ½ banana (add 4-6 ounces skim milk fresh fruit juice or water and ½ cup ice)

DINNER

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces lean steak fillet
- Steamed fresh vegetables (minimum 2 cups)

AFTER DINNER SNACK

- ½ cup low-fat yogurt with nuts and raisins

QUICK TIP "Keeping the body well hydrated is crucial to your metabolism and heath"

DAY 16

Today's Workout

Vol 3 Workout No 1

BREAKFAST

- 1 grapefruit
- 1 cup fresh seasonal fruit
- 1 rye toast with 1 tablespoon low-fat cottage cheese

LUNCH

- Large green salad with 4-6 ounces grilled or broiled chicken breast
- Vegetable soup with 1 scoop brown rice

AFTERNOON SNACK

- Protein shake with mixed berries (add 4-6 ounces skim milk, fresh fruit juice or water and ½ cup ice)
- ½ cup almonds and raisins

DINNER

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces lemon/garlic pepper swordfish
- Steamed vegetables (minimum 2 cups)

AFTER DINNER SNACK

- 1 cup fresh seasonal fruit

QUICK TIP

"Jump-start your meatabolism with a good healthy breakfast"

DAY 17

Today's Workout

Vol 3 Workout No 2

BREAKFAST

- 2-4 scrambled egg whites with tomatoes and parsley
- 1 cup high fiber cereal with skim milk

LUNCH

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- Vegetarian chili
- 4-6 ounces of turkey breast
- Steamed vegetable medley (minimum 2 cups)

AFTERNOON SNACK

- Protein shake with ½ banana (add 4-6 ounces skim milk, fresh fruit juice or water and ½ cup ice)
- ½ cup almonds, hazelnuts and raisins

DINNER

- Large green salad 1 teaspoon olive oil and 1 tablespoon vinegar
- 1 cup black bean chili with 1 scoop brown rice
- Steamed vegetables (minimum 2 cups)

AFTERNOON DINNER SNACK

- 1 cup fresh fruit and/or
- 1 cup air popped popcorn

QUICK TIP

"Eat 3 meals a day along with 2 healthy snacks. Skipping meals is a poor strategy for losing weight"

DAY 18

Today's Workout

Vol 4 Workout No 1

BREAKFAST

- 1 grapefruit
- Egg white omelette (2-4 egg whites) with asparagus, tomatoes and salsa

LUNCH

- Large green salad with 1 tablespoon vinaigrette dressing
- 4-6 ounces sliced turkey breast
- Medley of steamed vegetables (minimum 2 cups)
- ½ sweet potato

AFTERNOON SNACK

- Protein shake with ½ banana (add 4-6 ounces skim milk, fresh fruit juice or water and ½ cup ice)

DINNER

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces poached salmon
- Steamed vegetables such as asparagus, broccoli and cauliflower (minimum 2 cup)

AFTER DINNER SNACK

- 1 cup fresh fruit
- ½ cup dried fruit or raisins

QUICK TIP

"Begin and end your day with a tall glass of water"

DAY 19

Today's Workout

Vol 4 Workout No 2

BREAKFAST

- 1 cup seasonal fruits
- 1 tablespoon low fat cottage cheese
- 1 rye toast (dry)

LUNCH

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces broiled halibut
- 1 cup green peas and /or green beans
- 1 scoop brown rice

AFTERNOON SNACK

- Protein shake with mixed berries (add 4-6 ounces skim milk, fresh fruit juice or water and ½ cup ice)

DINNER

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounce chicken in stir fry (1 teaspoon olive oil) with vegetables (maximum 2 cups)

AFTER DINNER SNACK

- 2 seasonal fruits
- ½ cup mixed nuts

QUICK TIP

"Enjoy 5 servings of fruits and vegetables per day"

DAY 20

Today's Workout

Vol 5 Workout No 1

BREAKFAST

- ½ cup oatmeal (made in water)
- 1 cup seasonal fresh fruit

LUNCH

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces chicken breast in fajitas
- 1 scoop brown rice

AFTERNOON SNACK

- 1 cup assorted berries
- Protein shake with ½ banana (add 4-6 ounces skim milk, fresh fruit juice or water and ½ cup ice)

DINNER

- Leafy green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces broiled tuna (ahi) steak
- Vegetable medley (minimum 2 cups)

AFTER DINNER SNACK

- ½ cup low-fat yogurt with almonds and raisins

QUICK TIP

"Chew your food well. The slower you chew your food, the more chance your digestive enzymes will have to start the breakdown process of the food before it reaches your stomach"

DAY 21

Today's Workout

Vol 5 Workout No 1

BREAKFAST

- Egg white omelette (2 to 4 egg whites)
- Assorted vegetables such as tomatoes, parsley, broccoli, asparagus and spinach.

LUNCH

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces broiled tuna (ahi)
- Steamed vegetable medley such as broccoli, cauliflower, zucchini (minimum 2 cups)

AFTERNOON SNACK

- Protein shake with mixed berries (add 4-6 ounces skim milk, fresh fruit juice or water and one half cup ice)

DINNER

- Large green salad with 1 teaspoon olive oil and 1 tablespoon vinegar
- 4-6 ounces grilled chicken
- Steamed vegetables (minimum 2 cups)

AFTER DINNER SNACK

- 1 cup fruit medley or 2 fresh fruits such as apples, pears, oranges or papayas

QUICK TIP

"You will add years to your life and life to your years when you eat right"