

The background of the image features several white ceramic bowls filled with fresh fruits and berries, including raspberries, blueberries, kiwi slices, and chia seeds, arranged on a light-colored surface. A wooden spoon is visible in one of the bowls. The text is overlaid on this background.

# 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

## 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

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

# DAY

# 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

**Q  
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K** “Eating the right foods will positively affect your emotions and your motivational level!”

# DAY

# 3

## 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)

## AFTER DINNER SNACK

- 1 cup fresh fruit with ½ cup dried fruits

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“Fiber rich foods cause a delay in glucose absorption therefore slowing the rate at which glucose reaches the bloodstream”

# DAY

# 4

## 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)

## AFTER DINNER SNACK

- 1 cup seasonal fruit

**Q** "It just as  
**U** easy to drink  
**I** calories as it  
**C** is to eat them.  
**K**  
**T** Be aware of  
**I** high calorie  
**P** drinks!"

# DAY

# 5

## 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

**Q** “Keeping the  
**U** body well  
**I** hydrated is  
**C** crucial to  
**K** your  
**T** metabolism  
**I** and health”  
**P**

# DAY

# 6

## 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

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“Jump-start  
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breakfast”



# DAY

# 7

## 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  $\frac{1}{2}$  banana (add 4-6 ounces skim milk, fresh fruit juice or water and  $\frac{1}{2}$  cup ice)
- $\frac{1}{2}$  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

**Q** “Eat 3 meals a day along with 2 healthy snacks. Skipping meals is a poor strategy for losing weight”

# DAY

# 8

## 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

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water”

# DAY

# 9

## 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

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“Enjoy 5 servings of fruits and vegetables per day”

# DAY

# 10

## 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

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P** “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

## 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

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# DAY

# 12

## 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

**Q  
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K** “Eating the right foods will positively affect your emotions and your motivational level!”

# DAY

# 13

## 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)

## AFTER DINNER SNACK

- 1 cup fresh fruit with ½ cup dried fruits

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# DAY

# 14

## 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)

## AFTER DINNER SNACK

- 1 cup seasonal fruit

**Q** "It just as  
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# DAY

# 15

## 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

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“Keeping the body well hydrated is crucial to your metabolism and health”

# DAY

# 16

## 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

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# DAY

# 17

## 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  $\frac{1}{2}$  banana (add 4-6 ounces skim milk, fresh fruit juice or water and  $\frac{1}{2}$  cup ice)
- $\frac{1}{2}$  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

**Q** “Eat 3 meals a  
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**P**

# DAY

# 18

## 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

**Q  
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P** “Begin and end your day with a tall glass of water”

# DAY

# 19

## 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

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“Enjoy 5 servings of fruits and vegetables per day”

# DAY

# 20

## 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

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# DAY

# 21

## 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

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