

CYBORG FITNESS 28-DAY WEEKLY MEAL PLAN - WEEK 1



WEEKDAY	BREAKFAST	SNACK #1	LUNCH	SNACK #2	DINNER	SNACK #3
SUNDAY	Egg White Omelette (1 whole egg w/2 egg whites) w/1 slice of wheat or whole grain toast and 16 oz bottle of water	Greek Fat-Free Yogurt (6 oz) mixed w/strawberries or peaches and 16 oz of water	1 cup of brown rice w/2.5oz pink salmon and 16 oz of water	1 cup of almonds and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Grilled chicken (4 oz) w/mixed steamed vegetables and 16 oz of water	8 oz fresh fruit or 2 large carrots cut into 4ths and 16 oz of water
MONDAY	Oatmeal (2 packs of 1.5oz) w/ sliced berries, 1 tsp of flaxseed; drink 16 oz of water	1 large cucumber sliced w/2 tbsp of vinegrette dressing and 16 oz of water	Tuna (4 oz) salad (3 cups of shredded lettuce) w/sliced cherry tomatoes, 1 tbsp of extra virgin olive oil and 16 oz of water	1 cup of Omega-3 trail mix and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Grilled salmon (4 oz) w/ steamed broccoli and 16 oz of water	1 large grapefruit sliced in half and 16 oz of water
TUESDAY	3 scrambled egg whites w/ chopped spinach and onions and 16 oz of water	1 large banana w/a tbsp of almond butter and 8 oz green tea w/lemon (sweeten w/ honey, if desired)	Whole wheat or spinach veggie wrap (no meat) and 16 oz of water	1 large apple w/half cup of pistachios and 16 oz of water	Grilled chicken caesar salad, a baked sweet potato (plain) and 8 oz green tea w/lemon (sweeten w/honey, if desired)	1 low-fat frozen greek yogurt bar and 16 oz of water
WEDNESDAY	Breakfast Smoothie - 1 cup of frozen berries, 1 half banana, 2 handfuls of spinach, 2 tbsp of flaxseed, 4-6 ozs of water	Fresh fruit - 12 large grapes or 1 large piece of favorite fruit and 16 oz of water	Turkey sandwich on wheat or whole grain w/1 tsp of extra virgin olive oil (no mayo or mustard) and 16 oz of water	Sliced celery sticks w/lightly spreaded peanut butter and 8 oz green tea w/lemon	Baked chicken (no skin) w/ spinach and carrots and 16 oz of water	6 oz plain yogurt w/chopped almonds or pecans and 16 oz of water
THURSDAY	2 hardboiled eggs w/half slice of grapefruit and 16 oz of water	1 cup of craisins or raisins or almonds and 8 oz green tea w/lemon (sweeten w/honey, if desired)	1 grilled turkey burger w/tbsp of virgin olive oil (no mayo or mustard) w/1 cup of brown rice and 16 oz of water	1 cup of 3-bean salad and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Mango chipotle salmon (2.6 oz), 2 cups of shredded lettuce, 1 cup of chopped yellow and bell peppers, 1/2 cup of black beans	1 cup of Omega-3 trail mix and 16 oz of water
FRIDAY	Greek Yogurt (6 oz) w/1 large banana and 16 oz of water	1 large orange sliced into wedges w/half cup of all-natural granola and 16 oz of water	Tuna sandwich w/lettuce and tomatoes on wheat or whole grain bread w/a tsp of extra virgin olive oil	1 cup of pecans or walnuts and 8 oz of green tea w/lemon	Rotisserie chicken (6 oz) w/o skin, green beans and 16 oz of water	1 low-fat frozen greek yogurt bar and 16 oz of water
SATURDAY	Fruit cup - 10 large grapes, 1/2 cup of pineapple chunks, 1/2 cup of diced pears (drain juice) and 16 oz of water	1 large grapefruit w/1 cup of sunflower seeds and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Chicken breast (4 oz) w/2 cups of leafy greens, 1 cup of steamed carrots, and 16 oz of water	6 oz plain yogurt w/3/4 cup of strawberries or sliced peaches and 8 oz green tea w/lemon	Salmon burger (6 oz) w/1 cup of brown rice, 1 cup of kidney beans and 16 oz of water	1 large cucumber sliced w/2 tbsp of vinegrette dressing and 16 oz of water

NOTE: It is extremely important to stay hydrated throughout the day. Drink a bottle of water upon waking up and with every meal and snack.

SUPERFOODS & ACCEPTABLE ALTERNATIVES

- | | | |
|--------------|-----------------|------------|
| Blueberries | Sunflower seeds | Fresh fish |
| Raspberries | Peanuts | Mushrooms |
| Blackberries | Pistachio nuts | Garlic |
| Pumpkin | Pumpkin seeds | Oats |
| Canaloupe | Hazelnuts | Quinoa |
| Pomegranate | Macadamia nuts | Sesame oil |
| Coconut | Flaxseed | Avacodoes |

DO NOT EAT* *DO NOT EAT* *DO NOT EAT

- | | | |
|----------------|----------------|---------------|
| White potatoes | White pasta | White rice |
| White bread | Milk | Mayonnaise |
| Butter | Sugary cereals | Sugary drinks |

CYBORG FITNESS 28-DAY WEEKLY MEAL PLAN - WEEK 2



WEEKDAY	BREAKFAST	SNACK #1	LUNCH	SNACK #2	DINNER	SNACK #3
SUNDAY	Greek Yogurt (6 oz) w/1 large banana and 16 oz of water	1 cup of raisins or almonds and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Whole wheat or spinach veggie wrap (no meat) and 16 oz of water	Sliced celery sticks w/lightly spreaded peanut butter and 8 oz green tea w/lemon	Mango chipotle salmon (2.6 oz), 2 cups of shredded lettuce, 1 cup of chopped yellow and bell peppers, 1/2 cup of black beans	1 cup of Omega-3 trail mix and 16 oz of water
MONDAY	Fruit cup - 10 large grapes, 1/2 cup of pineapple chunks, 1/2 cup of diced pears (drain juice) and 16 oz of water	1 large orange sliced into wedges w/half cup of all-natural granola and 16 oz of water	1 grilled turkey burger w/tbsp of virgin olive oil (no mayo or mustard) w/1 cup of brown rice and 16 oz of water	6 oz plain yogurt w/3/4 cup of strawberries or sliced peaches and 8 oz green tea w/lemon	Grilled chicken caesar salad, a baked sweet potato (plain) and 8 oz green tea w/lemon (sweeten w/honey, if desired)	1 large cucumber sliced w/2 tbsp of vinegrette dressing and 16 oz of water
TUESDAY	Egg White Omelette (1 whole egg w/2 egg whites) w/1 slice of wheat or whole grain toast and 16 oz bottle of water	1 large grapefruit w/1 cup of sunflower seeds and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Chicken breast (4 oz) w/2 cups of leafy greens, 1 cup of steamed carrots, and 16 oz of water	1 large apple w/half cup of pistachios and 16 oz of water	Salmon burger (6 oz) w/1 cup of brown rice, 1 cup of kidney beans and 16 oz of water	1 low-fat frozen greek yogurt bar and 16 oz of water
WEDNESDAY	Oatmeal (2 packs of 1.5oz) w/ sliced berries, 1 tsp of flaxseed; drink 16 oz of water	Greek Fat-Free Yogurt (6 oz) mixed w/strawberries or peaches and 16 oz of water	Tuna (4 oz) salad (3 cups of shredded lettuce) w/sliced cherry tomatoes, 1 tbsp of extra virgin olive oil and 16 oz of water	1 cup of pecans or walnuts and 8 oz of green tea w/lemon	Grilled chicken (4 oz) w/mixed steamed vegetables and 16 oz of water	8 oz fresh fruit or 2 large carrots cut into 4ths and 16 oz of water
THURSDAY	3 scrambled egg whites w/ chopped spinach and onions and 16 oz of water	1 large cucumber sliced w/2 tbsp of vinegrette dressing and 16 oz of water	Turkey sandwich on wheat or whole grain w/1 tsp of extra virgin olive oil (no mayo or mustard) and 16 oz of water	1 cup of Omega-3 trail mix and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Grilled salmon (4 oz) w/ steamed broccoli and 16 oz of water	6 oz plain yogurt w/chopped almonds or pecans and 16 oz of water
FRIDAY	Breakfast Smoothie - 1 cup of frozen berries, 1 half banana, 2 handfuls of spinach, 2 tbsp of flaxseed, 4-6 ozs of water	1 large banana w/a tbsp of almond butter and 8 oz green tea w/lemon (sweeten w/ honey, if desired)	1 cup of brown rice w/2.5oz pink salmon and 16 oz of water	1 cup of 3-bean salad and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Baked chicken (no skin) w/ spinach and carrots and 16 oz of water	1 low-fat frozen greek yogurt bar and 16 oz of water
SATURDAY	2 hardboiled eggs w/half slice of grapefruit and 16 oz of water	Fresh fruit - 12 large grapes or 1 large piece of favorite fruit and 16 oz of water	Tuna sandwich w/lettuce and tomatoes on wheat or whole grain bread w/a tsp of extra virgin olive oil	1 cup of almonds and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Rotisserie chicken (6 oz) w/o skin, green beans and 16 oz of water	1 large grapefruit sliced in half and 16 oz of water

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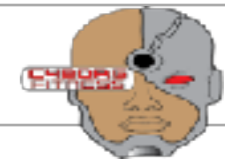
SUPERFOODS & ACCEPTABLE ALTERNATIVES

Blueberries	Sunflower seeds	Fresh fish
Raspberries	Peanuts	Mushrooms
Blackberries	Pistachio nuts	Garlic
Pumpkin	Pumpkin seeds	Oats
Canaloupe	Hazelnuts	Quinoa
Pomegranate	Macadamia nuts	Sesame oil
Coconut	Flaxseed	Avacodoes

DO NOT EAT *DO NOT EAT* *DO NOT EAT*

White potatoes	White pasta	White rice
White bread	Milk	Mayonnaise
Butter	Sugary cereals	Sugary drinks

CYBORG FITNESS 28-DAY WEEKLY MEAL PLAN - WEEK 3



WEEKDAY	BREAKFAST	SNACK #1	LUNCH	SNACK #2	DINNER	SNACK #3
SUNDAY	3 scrambled egg whites w/ chopped spinach and onions and 16 oz of water	1 large cucumber sliced w/2 tbsp of vinegrette dressing and 16 oz of water	Turkey sandwich on wheat or whole grain w/1 tsp of extra virgin olive oil (no mayo or mustard) and 16 oz of water	1 cup of 3-bean salad and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Grilled chicken caesar salad, a baked sweet potato (plain) and 8 oz green tea w/lemon (sweeten w/honey, if desired)	1 low-fat frozen greek yogurt bar and 16 oz of water
MONDAY	Breakfast Smoothie - 1 cup of frozen berries, 1 half banana, 2 handfuls of spinach, 2 tbsp of flaxseed, 4-6 ozs of water	1 cup of raisins or almonds and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Whole wheat or spinach veggie wrap (no meat) and 16 oz of water	Sliced celery sticks w/lightly spreaded peanut butter and 8 oz green tea w/lemon	Rotisserie chicken (6 oz) w/o skin, green beans and 16 oz of water	1 cup of Omega-3 trail mix and 16 oz of water
TUESDAY	2 hardboiled eggs w/half slice of grapefruit and 16 oz of water	1 large grapefruit w/1 cup of sunflower seeds and 8 oz green tea w/lemon (sweeten w/honey, if desired)	1 cup of brown rice w/2.5oz pink salmon and 16 oz of water	6 oz plain yogurt w/3/4 cup of strawberries or sliced peaches and 8 oz green tea w/lemon	Salmon burger (6 oz) w/1 cup of brown rice, 1 cup of kidney beans and 16 oz of water	1 large cucumber sliced w/2 tbsp of vinegrette dressing and 16 oz of water
WEDNESDAY	Fruit cup - 10 large grapes, 1/2 cup of pineapple chunks, 1/2 cup of diced pears (drain juice) and 16 oz of water	1 large orange sliced into wedges w/half cup of all-natural granola and 16 oz of water	Chicken breast (4 oz) w/2 cups of leafy greens, 1 cup of steamed carrots, and 16 oz of water	1 large apple w/half cup of pistachios and 16 oz of water	Mango chipotle salmon (2.6 oz), 2 cups of shredded lettuce, 1 cup of chopped yellow and bell peppers, 1/2 cup of black beans	8 oz fresh fruit or 2 large carrots cut into 4ths and 16 oz of water
THURSDAY	Oatmeal (2 packs of 1.5oz) w/ sliced berries, 1 tsp of flaxseed; drink 16 oz of water	Fresh fruit - 12 large grapes or 1 large piece of favorite fruit and 16 oz of water	Tuna sandwich w/lettuce and tomatoes on wheat or whole grain bread w/a tsp of extra virgin olive oil	1 cup of almonds and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Baked chicken (no skin) w/ spinach and carrots and 16 oz of water	1 large grapefruit sliced in half and 16 oz of water
FRIDAY	Egg White Omelette (1 whole egg w/2 egg whites) w/1 slice of wheat or whole grain toast and 16 oz bottle of water	1 large banana w/a tbsp of almond butter and 8 oz green tea w/lemon (sweeten w/honey, if desired)	1 grilled turkey burger w/tbsp of virgin olive oil (no mayo or mustard) w/1 cup of brown rice and 16 oz of water	1 cup of Omega-3 trail mix and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Grilled salmon (4 oz) w/ steamed broccoli and 16 oz of water	6 oz plain yogurt w/chopped almonds or pecans and 16 oz of water
SATURDAY	Greek Yogurt (6 oz) w/1 large banana and 16 oz of water	Greek Fat-Free Yogurt (6 oz) mixed w/strawberries or peaches and 16 oz of water	Tuna (4 oz) salad (3 cups of shredded lettuce) w/sliced cherry tomatoes, 1 tbsp of extra virgin olive oil and 16 oz of water	1 cup of pecans or walnuts and 8 oz of green tea w/lemon	Grilled chicken (4 oz) w/mixed steamed vegetables and 16 oz of water	1 low-fat frozen greek yogurt bar and 16 oz of water

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SUPERFOODS & ACCEPTABLE ALTERNATIVES

Blueberries	Sunflower seeds	Fresh fish
Raspberries	Peanuts	Mushrooms
Blackberries	Pistachio nuts	Garlic
Pumpkin	Pumpkin seeds	Oats
Canaloupe	Hazelnuts	Quinoa
Pomegranate	Macadamia nuts	Sesame oil
Coconut	Flaxseed	Avacodoes

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White potatoes	White pasta	White rice
White bread	Milk	Mayonnaise
Butter	Sugary cereals	Sugary drinks

CYBORG FITNESS 28-DAY WEEKLY MEAL PLAN - WEEK 4



WEEKDAY	BREAKFAST	SNACK #1	LUNCH	SNACK #2	DINNER	SNACK #3
SUNDAY	2 hardboiled eggs w/half slice of grapefruit and 16 oz of water	1 large banana w/a tbsp of almond butter and 8 oz green tea w/lemon (sweeten w/ honey, if desired)	1 cup of brown rice w/2.5oz pink salmon and 16 oz of water	1 large apple w/half cup of pistachios and 16 oz of water	Grilled chicken (4 oz) w/mixed steamed vegetables and 16 oz of water	1 large grapefruit sliced in half and 16 oz of water
MONDAY	Greek Yogurt (6 oz) w/1 large banana and 16 oz of water	Fresh fruit - 12 large grapes or 1 large piece of favorite fruit and 16 oz of water	Chicken breast (4 oz) w/2 cups of leafy greens, 1 cup of steamed carrots, and 16 oz of water	1 cup of 3-bean salad and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Grilled salmon (4 oz) w/ steamed broccoli and 16 oz of water	6 oz plain yogurt w/chopped almonds or pecans and 16 oz of water
TUESDAY	Breakfast Smoothie - 1 cup of frozen berries, 1 half banana, 2 handfuls of spinach, 2 tbsp of flaxseed, 4-6 ozs of water	1 cup of raisins or almonds and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Whole wheat or spinach veggie wrap (no meat) and 16 oz of water	1 cup of Omega-3 trail mix and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Grilled chicken caesar salad, a baked sweet potato (plain) and 8 oz green tea w/lemon (sweeten w/honey, if desired)	1 cup of Omega-3 trail mix and 16 oz of water
WEDNESDAY	3 scrambled egg whites w/ chopped spinach and onions and 16 oz of water	1 large grapefruit w/1 cup of sunflower seeds and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Tuna sandwich w/lettuce and tomatoes on wheat or whole grain bread w/a tsp of extra virgin olive oil	6 oz plain yogurt w/3/4 cup of strawberries or sliced peaches and 8 oz green tea w/lemon	Baked chicken (no skin) w/ spinach and carrots and 16 oz of water	1 large cucumber sliced w/2 tbsp of vinaigrette dressing and 16 oz of water
THURSDAY	Fruit cup - 10 large grapes, 1/2 cup of pineapple chunks, 1/2 cup of diced pears (drain juice) and 16 oz of water	1 large orange sliced into wedges w/half cup of all-natural granola and 16 oz of water	1 grilled turkey burger w/tbsp of virgin olive oil (no mayo or mustard) w/1 cup of brown rice and 16 oz of water	1 cup of pecans or walnuts and 8 oz of green tea w/lemon	Mango chipotle salmon (2.6 oz), 2 cups of shredded lettuce, 1 cup of chopped yellow and bell peppers, 1/2 cup of black beans	1 low-fat frozen greek yogurt bar and 16 oz of water
FRIDAY	Egg White Omelette (1 whole egg w/2 egg whites) w/1 slice of wheat or whole grain toast and 16 oz bottle of water	Greek Fat-Free Yogurt (6 oz) mixed w/strawberries or peaches and 16 oz of water	Tuna (4 oz) salad (3 cups of shredded lettuce) w/sliced cherry tomatoes, 1 tbsp of extra virgin olive oil and 16 oz of water	1 cup of almonds and 8 oz green tea w/lemon (sweeten w/honey, if desired)	Rotisserie chicken (6 oz) w/o skin, green beans and 16 oz of water	8 oz fresh fruit or 2 large carrots cut into 4ths and 16 oz of water
SATURDAY	Oatmeal (2 packs of 1.5oz) w/ sliced berries, 1 tsp of flaxseed; drink 16 oz of water	1 large cucumber sliced w/2 tbsp of vinaigrette dressing and 16 oz of water	Turkey sandwich on wheat or whole grain w/1 tsp of extra virgin olive oil (no mayo or mustard) and 16 oz of water	Sliced celery sticks w/lightly spreaded peanut butter and 8 oz green tea w/lemon	Salmon burger (6 oz) w/1 cup of brown rice, 1 cup of kidney beans and 16 oz of water	1 low-fat frozen greek yogurt bar and 16 oz of water

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