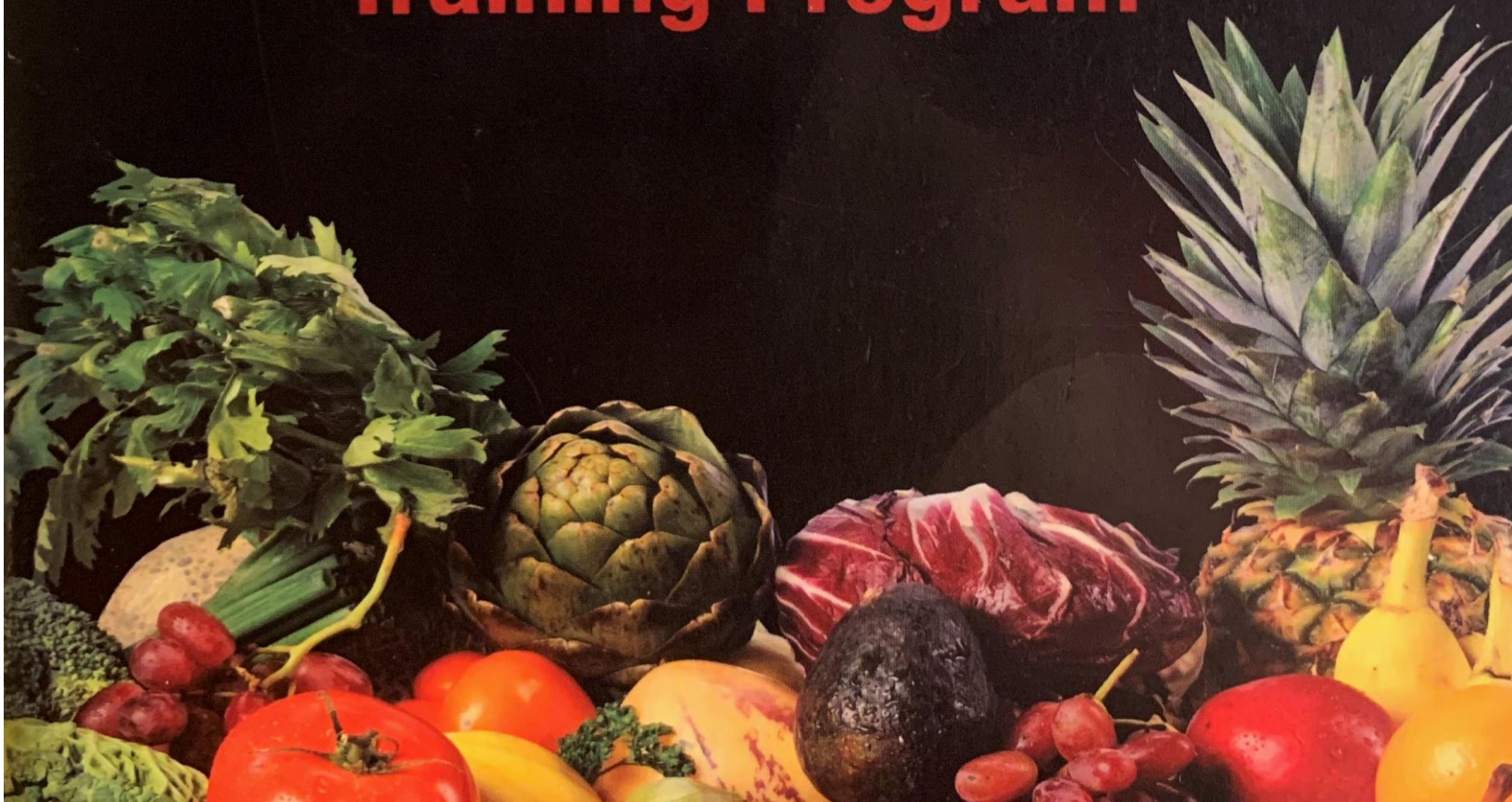


MMAE

MARTIAL ART EXTREME

Dietary Program **Training Program**



Introduction To Martial Art Extreme

The Martial Art Extreme program is a program made for all age groups, to finally lose weight and enjoy working out to build confidence in themselves, stop being bullied, for people who are to shy and feel out of place training with other people and save money and lots of money, with only a one time investment, this is the perfect program. This program is suited for people to train at home at their own pace there's no more driving to the gym and driving home. Wasting valuable time, a workout that can be done under 1 hour and made easy to follow along, just follow the count. This is the ultimate program offered in the bullying/martial art world. The martial art extreme program is an ultimate program, which offers 10 workouts. Which in return have 4 programs. Programs could be done as 2 days a week, or 3 days a week or 4 days a week, or 5 days a week. All workouts are done between 40 - 55 minutes approximately. All workouts are made different than each other, which makes it a very unique program, there are 10 workouts in the programs and 2 additional bag workout programs that can be implemented into the programs or done as additional training from the programs. There are also 2 more additional dvds. These dvds are tutorials; they will help a beginner or even refresh a person that has trained in martial arts. These tutorials are made easy to follow. Learn how to box, learn how to kick and learn how put your hands and feet into combinations. There is no other program like it. Just plug in the program that fits your lifestyle and follow the training manual on what workout to train next. Training made simple!!! It's that easy.

CHALLENGER PROGRAM

Week 1

Day 1 - Rear Leg

Day 2 - No Movement - Parallel Position

Week 2

Day 1 - Lead Leg

Day 2 - Shuffling/Jump Training

Week 3

Day 1 - Hands Only

Day 2 - Slow Motion And Hold/ Skill Development Kicking/ 10 Kicks,040,50,40,30,20 Double Kicks, 10 Trio

Week 4

Day 1 - Side To Side/Parallel Position

Day 2 - String Day

Week 5

Day 1 - Singles / Doubles / Triples - Parallel Position

Day 2 - Chair Day/Strength And Conditioning

Week 6

Day 1 - Rear Leg

Day 2 - No Movement - Parallel Position

Week 7

Day 1 - Lead Leg

Day 2 - Shuffling/Jump Training

Week 8

Day 1 - Hands Only

Day 2 - Legs Only - Slow Motion And Hold/ Skill Development Kicking/ 10,20,30,40,50.40.30.20 Doubles

Week 9

Day 1 - Side To Side / Parallel Position

Day 2 -String Day

Week 10

Day 1 - Singles / Doubles / Triples - Parallel Position

Day 2 - Chair Day/Strength And Conditioning

Week 11

Day 1 - Rear Leg

Day 2 - No Movement – Parallel Position

Week 12

Day 1 - Lead Leg

Day 2 - Shuffling / Jump Training

Week 13

Day 1 - Hands Only Hold/ Skill Development Kicking/10,20,30,40,50,40,30,20 Double

Day 2 - Legs Only - Slow Motion And Hold/ Skill Development Kick

Week 14

Day 1 - Side To Side / Parallel Position

Day 2 - String Day

Week 15

Day 1-Singles / Doubles / Triples - Parallel Position

Day 2 - Chair Day / Strength And Conditioning

Week 16

Day 1 - Rear Leg

Day 2 - No Movement – Parallel Position

Week 17

Day 1 - Lead Leg

Day 2 - Shuffling/Jump Training

Week 18

Day 1 - Hands Only

Day 2 - Legs Only - Slow Motion And Hold/ Skill Development Kicking/ 10,20,30,40,50,40,30, 20 Doubles

Week 19

Day 1 - Side To Side / Parallel Position

Day 2 - String Day

Week 20

Day 1 A Legs - Parallel - Singles / Doubles / Triples

Day 2 - Chair Day/Strength And Conditioning

Week 21 –

Day 1 - Rear Leg,

Day 2 - No Movement - Parallel Position

Week 22

Day 1 - Lead Leg

Day 2 - Shuffling / Jump Training

Week 23

Day 1 - Hands Only

Day 2 - Legs Only - Slow Motion And Hold/ Skill Development Kicking/10,20,30,40,50,40, 30,20 Double

Week 24

Day 1 - Side To Side /Parallel Position

Day 2 - String Day

Week 25

Day 1 - Singles / Doubles / Triples - Parallel Position

Day 2 - Chair Day / Strength And Conditioning

Week 26

Day 1 - Rear Leg

Day 2 - No Movement - Parallel Position

Gladiator Program

Week 1

Day 1 - Hands Only
Day 2 - Lead Leg
Day 3- Singles / Doubles / Triples – Parallel Position

Week 2

Day 1 - No Movement - Parallel Position
Day 2- Rear Leg
Day 3 - String Day

Week 3

Day 1 - Shuffling Day/Jump Training
Day 2 - Slow Motion And Hold/Skill Development Kicking/ 10,20,30,40,50, 40,30,20 Double Kicks 10 Triple Kicks
Day 3 - Side To Side/Parallel Position

Week 4

Day 1 - Chair Day/Strength And Conditioning
Day 2 - Hands Only
Day 3 -Lead Leg

Week 5

Day 1 - Singles / Doubles / Triples – Parallel Position
Day 2 - No Movement - Parallel Position
Day 3 - Rear Leg

Week 6

Day 1 -String Day
Day 2- Shuffling / Jump Training
Day 3-Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks

Week 7

Day 1 - Side To Side/Parallel Position
Day 2– Chair Day / Strength And Conditioning
Day 3 - Hands Only

Week 8

Day 1 - Lead Leg
Day 2 - Singles / Doubles / Triples - Parallel Position
Day 3 - No Movement - Parallel Position

Week 9

Day 1 - Rear Leg
Day 2 - String Day
Day 3 - Shuffling / Jump Training

Week 10

Day 1 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks
Day 2 - No Movement - Parallel Position
Day 3-Chair Day/Strength And Conditioning

Week 11

Day 1 - Hands Only
Day 2- Lead Leg
Day 3 - Singles / Doubles / Triples - Parallel Position

Week 12

Day 1 - No Movement - Parallel Position
Day 2 - Rear Leg
Day 3 - String Day

Week 13

Day 1 - Shuffling Day / Jump Training
Day 2 - Legs Only - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50,40, 30,20 Double Kicks, 10 Triple Kicks
Day 3 - Side To Side / Parallel Position

Week 14

Day 1 - Chair Day / Strength And Conditioning
Day 2 - Hands Only
Day 3 - Lead Leg

Week 15

Day 1 - Singles / Doubles / Triples - Parallel Position
Day 2 - No Movement - Parallel Position Day 3 - Rear Leg

Week 16

Day 1 -String Day
Day 2 - Shuffling / Jump Training, Triple Kicks
Day 3 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50,40,30,20 Double Kicks, 10

Week 17

Day 1 - Side To Side/Parallel Position
Day 2 - Chair Day / Strength And Conditioning
Day 3 - Hands Only

Week 18

Day 1 - Lead Leg
Day 2 - Singles / Doubles / Triples - Parallel Position
Day 3 - No Movement - Parallel Position

Week 19

Day 1 - Rear Leg
Day 2 - String Day
Day 3 - Shuffling / Jump Training

Week 20

Day 1 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks
Day 2 - No Movement - Parallel Position
Day 3 - Chair Day / Strength And Conditioning

Week 21

Day 1 - Hands Only
Day 2 - Lead Leg
Day 3 - Singles / Doubles / Triples - Parallel Position

Week 22

Day 1 - No Movement - Parallel Position
Day 2 - Rear Leg
Day 3 - String Day

Week 23

Day 1 - Shuffling Day/Jump Training
Day 2 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks
Day 3 - Side To Side / Parallel Position

Week 24

Day 1 - Chair Day / Strength And Conditioning
Day 2 - Hands Only
Day 3 - Lead Leg

Week 25

Day 1 - Singles / Doubles / Triples – Parallel Position
Day 2 - No Movement - Parallel Position
Day 3 - Rear Leg

Week 26

Day 1 -String Day
Day 2 - Shuffling / Jump Training
Day 3 - Slow Motion And Hold/Skill Development Kicking/10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks

Warrior Program

Week 1

- Day 1 - Hands Only
- Day 2 - Chair Day/Strength And Conditioning
- Day 3 - Singles / Doubles / Triples - Parallel Position
- Day 4 - Rear Leg

Week 2

- Day 1 - Shuffling / Jump Training
- Day 2 - Lead Leg
- Day 3 - Slow Motion And Hold/Skill Development Kicking/ 10,20,30,40,50, 40,30,20 Double Kicks 10 Triple Kicks
- Day 4 - Parallel Position - No Movement

Week 3

- Day 1 -String Day
- Day 2 - Side To Side / Parallel Position
- Day 3 - Hands Only
- Day 4 - Chair Day / Strength And Conditioning

Week 4

- Day 1 - Singles / Doubles / Triples – Parallel Position,
- Day 2 - Rear Leg
- Day 3 - Shuffling / Jump Training
- Day 4 - Lead Leg

Week 5

- Day 1 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks
- Day 2 - No Movement - Parallel Position
- Day 3 -String Day
- Day 4 - Side To Side / Parallel Position

Week 6

- Day 1 - Hands Only
- Day 2 - Chair Day / Strength And Conditioning
- Day 3 - Singles / Doubles / Triples - Parallel Position
- Day 4 - Rear Leg

Week 7

- Day 1 - Shuffling/Jump Training
- Day 2 - Lead Leg
- Day 3 - Slow Motion And Hold/Skill Development Kicking/ 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks
- Day 4 - No Movement - Parallel Position

Week 8

- Day 1 -String Day
- Day 2 - Side To Side / Parallel Position
- Day 3 - Hands Only
- Day 4 - Chair Day / Strength And Conditioning

Week 9

- Day 1 - Singles / Doubles / Triples - Parallel Position
- Day 2 - Rear Leg
- Day 3 - Shuffling/Jump Training
- Day 4 - Lead Leg

Week 10

Day 1 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kic Triple Kicks
Day 2 - No Movement - Parallel Position
Day 3 -String Day
Day 4 - Side To Side / Parallel Position

Week 11

Day 1 - Hands Only
Day 2 - Chair Day / Strength And Conditioning Friday - Rear Leg
Day 3 - Singles / Doubles / Triples - Parallel Position

Week 12

Day 1 - Shuffling / Jump Training
Day 2 - Lead Leg Kicks, 10 Triple Kicks
V 2. Legs Only, Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50,40,30,20 Double
Day 4 - Parallel Position - No Movement

Week 13

Day 1 - String Day
Day 2 - Side To Side / Parallel Position
Day 3 - Hands Only
Day 4 - Chair Day / Strength And Conditioning

Week 14

Day 1 - Singles / Doubles / Triples – Parallel Position
Day 2 - Rear Leg
Day 3 - Shuffling / Jump Training Day 4 - Lead Leg

Week 15 Kicks

Day 1 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple
Day 2 - No Movement - Parallel Position
Day 3-String Day Day 4 - Side To Side / Parallel Position

Week 16

Day 1 - Hands Only
Day 2 - Chair Day/Strength And Conditioning
Day 3 - Singles / Doubles / Triples – Parallel Position
Day 4 - Rear Leg

Week 17

Day 1 - Shuffling / Jump Training
Day 2 - Lead Leg
Day 3 - Slow Motion And Hold/Skill Development Kicking/ 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks
Day 4 - No Movement - Parallel Position

Week 18

Day 1 - String Day
Day 2 - Side To Side / Parallel Position
Day 3 - Hands Only
Day 4 - Chair Day / Strength And Conditioning

Week 19

Day 1 - Singles / Doubles / Triples - Parallel Position
Day 2 - Rear Leg
Day 3 - Shuffling / Jump Training
Day 4 - Lead Leg

Week 20

Day 1-Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks
Day 2 - No Movement - Parallel Position
Day 3-String Day

Day 4-Side To Side/Parallel Position

Week 21

Day 1 - Hands Only

Day 2 - Chair Day / Strength And Conditioning

Day 3 - Singles / Doubles / Triples - Parallel Position

Day 4 - Rear Leg

Week 22

Day 1 - Shuffling / Jump Training

Day 2 - Lead Leg

Day 3 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50. 40 30 20 Kicks

Day 4 - No Movement - Parallel Position 0 40,30,20 Double Kicks, 10 Tripto

Week 23

Day 1 - String Day

Day 2 - Side To Side / Parallel Position

Day 3 - Hands Only

Day 4 - Chair Day/Strength And Conditioning

Week 24

Day 1 - Singles / Doubles / Triples - Parallel Position

Day 2 - Rear Leg

Day 3 - Shuffling / Jump Training

Day 4 - Lead Leg

Week 25

Day 1 - Slow Motion And Hold/Skill Development Kicking/ 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks

Day 2 - No Movement - Parallel Position

Day 3 -String Day

Day 4 - Side To Side/Parallel Position

Week 26

Day 1 - Hands Only

Day 2 - Chair Day / Strength And Conditioning

Day 3 - Singles / Doubles / Triples – Parallel Position

Day 4 - Rear Leg

Extreme Program

Week 1

- Day 1 - Lead Leg
- Day 2-No Movement - Parallel Position
- Day 3 - Hands Only
- Day 4 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks
- Day 5 -String Day

Week 2

- Day 1 - Rear Leg
- Day 2 - Shuffling / Jump Training
- Day 3 -Legs - Parallel - Singles / Doubles / Triples
- Day 4 - Legs - Parallel - Side To Side
- Day 5 - Chair Day / Strength And Conditioning

Week 3

- Day 1 - No Movement - Parallel Position
- Day 2 - Lead Leg Triple Kicks
- Day 3 - Slow Motion And Hold/Skill Development Kicking/ 10,20,30,40,50,40,30,20 Double Kicks 10
- Day 4 - Hands Only Day 5 - String Day

Week 4

- Day 1 - Shuffling-Jump Training
- Day 2 - Rear Leg
- Day 3 -Parallel Position - Side To Side
- Day 4 -Legs - Parallel - Singles / Doubles / Triples
- Day 5 -Chair Day / Strength And Conditioning

Week 5

- Day 1 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks
- Day 2 - Lead Leg
- Day 3 - No Movement - Parallel Position
- Day 4 - Hands Only Day 5 - String Day

Week 6

- Day 1 - Parallel Position - Side To Side
- Day 2- Shuffling - Jump Training
- Day 3 -Legs - Parallel - Singles / Doubles / Triples
- Day 4 - Rear Leg
- Day 5 - Chair Day / Strength And Conditioning,

Week 7

- Day 1 - Hands Only
- Day 2 - Lead Leg Triple Kicks
- Day 3 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10
- Day 4 - No Movement – Parallel Position
- Day 5 - String Day

Week 8

- Day 1 - Legs - Parallel - Singles / Doubles / Triples
- Day 2 - Parallel Position - Side To Side
- Day 3 - Shuffling / Jump Training
- Day 4 - Rear Leg

Day 5 - Chair Day / Strength And Conditioning

Week 9

Day 1 - Slow Motion And Hold/Skill Development Kicking/ 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks

Day 2 - No Movement – Parallel Position

Day 3 - Hands Only

Day 4 - Lead Leg

Day 5 - String Day

Week 10

Day 1 - Parallel Position - Side To Side

Day 2 - Shuffling / Jump Training

Day 3 - Rear Leg

Day 4 - Legs Parallel - Singles/ Doubles/ Triples

Day 5 - Chair Day / Strength And Conditioning

Week 11

Day 1 - Lead Leg

Day 2 - No Movement - Parallel Position

Day 3 - Hands Only Triple Kicks

Day 4 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10

Day 5 - String Day

Week 12

Day 1 - Rear Leg

Day 2 - Shuffling/Jump Training

Day 3 - Legs -Parallel - Singles / Doubles / Triples

Day 4 - Parallel Position - Side To Side - Chair Day/Strength And Conditioning

Day 5 Chair Day

Week 13

Day 1 - No Movement - Parallel Position

Day 2 - Lead Leg

Day 3 - Slow Motion And Hold/Skill Development Kicking / 10,20,30 40 60 Triple Kicks

Day 4 - Hands Only

Day 5 - String Day 30.40,50, 40,30,20 Double Kicks, 10

Week 14

Day 1 - Shuffling / Jump Training

Day 2 - Rear Leg

Day 3 -Parallel Position - Side To Side

Day 4 - Legs Parallel - Singles/Doubles/ Triples

Day 5 - Chair Day/Strength And Conditioning

Week 15

Day 1 - Slow Motion And Hold/Skill Development Kicking/ 10,20,30,40,50, 40,30,20 Double Triple Kicks

Day 2-Lead Leg

Day 3 - No Movement - Parallel Position

Day 4 - Hands Only

Day 5 - String Day

Week 16

Day 1 - Parallel Position - Side To Side

Day 2 - Shuffling/Jump Training

Day 3 - Legs - Parallel- Singles / Doubles / Triples

Day 4 - Rear Leg

Day 5 - Chair Day / Strength And Conditioning

Week 17

Day 1 - Hands Only

Day 2 - Lead Leg

Day 3 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks

Day 4 - No Movement - Parallel Position

Day 5 - String Day

Week 18

Day 1 - Legs - Parallel - Singles / Doubles / Triples

Day 2 - Parallel Position - Side To Side

Day 3 - Shuffling / Jump Training

Day 4 - Rear Leg

Day 5 - Chair Day / Strength And Conditioning

Week 19

Day 1 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50, 40,30,20 Double Kicks, 10 Triple Kicks

Day 2 - No Movement - Parallel Position

Day 3 - Hands Only

Day 4 - Lead Leg

Day 5 - String Day

Week 20

Day 1 - Parallel Position - Side To Side

Day 2 - Shuffling / Jump Training

Day 3 - Rear Leg

Day 4 - Legs - Parallel - Singles / Doubles / Triples

Day 5 - Chair Day / Strength And Conditioning

Week 21

Day 1 - Lead Leg

Day 2 - No Movement - Parallel Position

Day 3 - Hands Only

Day 4 - Slow Motion Triple Kicks

Day 5 - String Day Slow Motion And Hold/Skill Development Kicking / 10.20.30.40.50.40.30.20 Double Kicks, 10

Week 22

Day 1 - Rear Leg

Day 2 - Shuffling / Jump Training

Day 3 - Legs - Parallel - Singles / Doubles / Triples

Day 4 - Legs - Parallel - Side To Side

Day 5 - Chair Day / Strength And Conditioning

Week 23

Day 1 - No Movement - Parallel Position

Day 2 - Lead Leg Kicks

Day 3 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50,40,30,20 Double Kicks, 10 Triple

Day 4 - Hands Only

Day 5 - String Day

Week 24

Day 1 - Shuffling - Jump Training

Day 2 - Rear Leg

Day 3 - Parallel Position - Side To Side

Day 4 - Legs - Parallel - Singles / Doubles / Triples

Day 5 - Chair Day / Strength And Conditioning

Week 25

Day 1 - Slow Motion And Hold/Skill Development Kicking / 10,20,30,40,50,40,30,20 Double Kicks, 10 Triple Kicks

Day 2 - Lead Leg

Day 3 - No Movement - Parallel Position

Day 4 - Hands Only

Day 5 - String Day

Week 26

Day 1 - Parallel Position - Side To Side

Day 2 - Shuffling - Jump Training

Day 3 - Legs - Parallel - Singles / Doubles / Triples

Day 4 - Rear Leg

Day 5 - Chair Day / Strength And Conditioning



MAE DIETARY PLAN

Just as important as eating the right foods, it's important to eat at the right times and to eat the right proportion sizes. We don't need to just eat...we need to nourish our bodies and take care of them. Eating has become confusing with so many diet programs, magic pills, and conflicting labels.

Unfortunately you can work out like crazy, but if you don't fuel your body properly you will never achieve the results you are looking for. And with the right nutrition you will feel good to keep working out to keep gaining strength and stamina and keep working towards your goals. It's disheartening to work so hard and not see results or to always feel sluggish and tired. But a few simple ideas to keep your motors turning and squeaky free and you are on your way to not just a great body but also a lifetime of health and energy. It doesn't mean give up all the foods you love and eat a rabbit's diet but focusing on the foods that make your body feel good and taking those foods you can't live without and saving them for times when you can actually appreciate them.

Now that it seems everyone is living in the fast paced life, fast food has become affordable and even claims to be healthy. We have lost the time to feed our bodies properly with full time jobs, careers, traffic congestions, kid's sports, house cleaning, laundry, bills, and vehicle and house maintenance. So we have to take some time now and be selfish and think of ourselves. It doesn't come without some work, and yes, it takes some time but in the long wrong I think we are worth it .Our bodies +our health = our futures. So take a bit of time once a week and prepare some meals and snacks and invest in your body.

Tips For A Healthier Diet

Plan meals and make a grocery list.

Shop for a week's worth of meals at a time, on a full stomach.

Always eat breakfast, use shakes if needed.

Space meals to eat about every 2-3 hours (3 meals with 1-3 snacks per day).

Drink at least one gallon of water a day, throughout the day.

Cheat meal: eat anything you want for one meal a week.

Limit alcohol to 2-3 drinks per week.

Be mindful of sugars...it's hidden in everything.

Take a good quality multi-vitamin every day.

Add a tsp. of good quality polyunsaturated fat (omega-3's and 6's): fish oils and flaxseed.

Drink green and herbal teas, limit black teas and coffee (and avoid high fat creamers).

Foods to avoid for a stronger, healthier body:

Fatty cuts of red meat

Whole-milk dairy products

Margarine

Fried foods

Partially hydrogenated oil

Processed foods

Sodas, high sugary juices, juices from concentrate

Refined baked goods

Salt and high sodium foods (soya sauces, deli meats)

Creamy, high fat salad dressings

Commercial breakfast cereals

Remember portion size is as important as what we eat. Our stomachs are not that large and food has a long way to

Go through the digestion system. We are conditioned to eating way more at one sitting than our bodies actually

Need. Counting calories can be effective but is very time consuming. An easy way to control portion size is to use

Smaller plates.

A Good Rule Of Thumb Is:

Protein = Size of palm of your hand

Carbohydrates = Size of clenched fist

Veggies = A handful but more is encouraged.

Weekly Plan:

Monday

8:00 am Breakfast: Bowl of oatmeal, small scoop walnuts 1/2 apple

10:30 am Snack: Protein shake

12:30 pm Lunch: Green salad (2 cups of greens with 1/2 chopped cucumber. 5 Grape tomatoes, 5 Kalamata Olives, 1 Tbsp. feta cheese chopped with 1/2 tbsp. olive oil 1/2 tbsp. balsamic vinegar) 1 small grilled chicken breast.

3:30 pm Snack: 1/2 apple and cheese string

6:00 pm Dinner: Grilled fish tacos (pg.5)

8:30 pm 1/2 cantaloupe filled with 1 cup low-fat cottage cheese

Tuesday

8:00 am Breakfast: Breakfast burrito (3 scrambled egg whites plus 1 whole egg, topped with 1 tbsp. grated low fat cheese, 1 tsp. salsa, 1 tsp. sour cream in a lettuce leaf in a whole wheat tortilla shell)

10:00 am Snack: Protein green smoothie

12:30 am Lunch: Tuna sandwich (can of tuna with 2 tbsp. miracle whip light, 1 tsp. mustard, chopped celery stick, chopped dill picked on whole grain bread.)

3:30 pm Snack: 1 apple, handful of whole raw almonds

6:00 pm Dinner: Greek chicken pitas

Wednesday

8:00 am Breakfast: Oatmeal with raisins, walnuts.1 cup fresh berries
10:00 am Snack: 6 dried apricots, handful whole raw almonds
12:30 pm lunch: chicken pita pizza (whole wheat pita topped with pizza sauce, small shredded or cubed chicken breast,1/4 chopped red pepper,2 sliced mushrooms,1/2 cup chopped pineapple,1/4 cup shredded low fat mozzarella cheese, bake 425 f until cheese is melted.
3:30 pm Snack: 2 celery stalks topped with 1 tbsp. natural peanut butter or almond butter and handful of grapes
6:00 pm Dinner: Grilled chicken breast with couscous and steamed broccoli.
8:00 pm Snack: Low fat Greek yogurt,1 tsp.honey,1/2 cup fresh berries.

Thursday

8:00 am Breakfast: Egg scramble (4 egg whites,1 whole egg, handful chopped spinach,2 chopped green onions,4 chopped mushrooms,1/4 chopped red pepper)1-2 pc whole grain toast.
10:30 pm Snack: 1 whole wheat pita with hummus and tatziki
12:30 pm Lunch: Greek pinwheels(mix 1/4 fat free cream cheese,1/4 tsp.oregano,1/4 cup feta cheese,4 pitted black or kalamta olives, spread onto two whole wheat tortillas with 4 oz. thinly sliced turkey breast,1 cup spinach leaves, roll and slice)
3:00 pm Snack: Protein shake or bar
6:00 pm dinner: Grilled salmon served with brown rice and asparagus
8:00 pm Snack: Sliced apple sprinkled with cinnamon and 2 slices low fat cheese

Friday

80.00 am Breakfast: Homemade granola (pg. 5) with 1 cup skim milk
10:30 pm Snack: Protein shake
12:30 pm Lunch: BLT Roll (1 whole wheat tortilla with 1 tsp. Fat free mayo, 2 slices turkey bacon, 2 oz. Roasted turkey breast, 2 slices tomato, 2 leaves lettuce)
3:00 pm Snack: Baby carrots and 3 sliced celery stalks with tbsp. Shelled sunflower seeds
6:00 pm Dinner: Peppered steak stir-fry served over brown rice
8:00 pm Snack: Low fat chocolate pudding mixed with why protein

Saturday

8:30 am Breakfast: Protein pancakes topped with berries
10:30 pm Snack: Green shake
1:00 pm Lunch: Chicken salad (2 oz. Grilled chicken cubed, 1 cup romaine lettuce, 1 chopped tomato, 1 small yellow bell pepper chopped, 1 small medium carrot chopped, 1 tbsp. Parmesan cheese, 1 tbsp. Ground flaxseed, topped with 1 tbsp. Olive oil, squeeze / lemon)
3:30 pm Snack: 1 oz. Almonds, 14 cantaloupes and 14 small watermelons
6:00 pm Dinner: Eat whatever the heck you want!!!
8:30 pm Snack: 1 cup low fat ice cream with 1 tbsp. Honey and roasted almonds

Sunday

8:00 am Breakfast: Oatmeal and 1/2 cup berries
10:00 am Snack: 1 can low sodium v8 juice, 1 cheese string
12:30 pm Lunch: Turkey burger on whole-wheat buns
3:00 pm Snack: Protein shake or bar
6:00 pm Dinner: Chicken Caesar wraps (small grilled chicken breast, 1 cup romaine lettuce, 1 tbsp. Low fat Caesar dressing, 1 tbsp. Parmesan cheese in a large tortilla shell)
8:00 pm Snack: 1/2 cup strawberries and yogurt

Juicing

Many people don't get enough nutrients from their daily intake of food, vegetables and fruits are full of Mineral, Vitamins and Antioxidants. Juicing is a process that extracts juice from fresh vegetable and Fruits. Some of the benefits from juicing are weight loss, increase in your energy level, the best way to heal and detoxify your body, boost your immune system etc. Juicing is a healthy option for meeting your daily vegetable requirement; you can juice a wide variety vegetable that you may not be able to consume in a day and that you may not normally enjoy eating.

Below are some vegetables and fruit drinks that you may want to try but there are many more vegetable and fruit drinks

Simple drinks:

3 ripe tomatoes,
Pint of strawberries,
6 oranges,
Few basil leaves,

2 cups pineapple,
2 cups cantaloupe
1/4 lemon
1 inch piece of ginger,

3 apples,
1 lemon,
1 pear,
3 cucumbers
1/4 cup of water with ice,

2 cups strawberries,
/14 large watermelon,
1/4 lime or lemon (optional)
1/2 lemon,
1/4 cup of water with ice,

4 celery sticks,
1/4 inch ginger,
1/2 lime
1 apple,

4 oranges,
Pinch of mint leaves
1/2 cucumber,
Pinch of ginger,
2 sticks of celery,

Handful of spinach
2 apples

