



Amounts will vary based on body weight and whether you are on a low or high carb day. See the low and high carb calculators on the LiveFit Phase 3 Main Page for your macronutrient breakdown. (<http://www.bodybuilding.com/fun/jamie-easons-livefit-phase-3.html>)

Breakfast:

Egg Whites
Whole Egg
 Ladies - 1 egg
 Guys - 2 eggs
Oatmeal

Or

Egg Whites
Ezekiel Toast with all-natural peanut butter
1 piece
Or Protein Shake
Cottage Cheese
Almonds
Grapefruit
 1/2 grapefruit

Mid-Morning:

Fish
Veggies
Sweet Potato Or Turkey Meatloaf
Rice Cakes

Lunch:

No-Bean Turkey/Veggie Chili
Salad

Or

Turkey Meatloaf Muffins
Salad

Mid-Afternoon:

Turkey Zucchini Burger
Spaghetti Squash
Fresh Cooked Tomatoes

Or

Apple Cinnamon Protein Muffins

Dinner:

Chicken Lettuce Wraps
Veggies
Avocado

Or

Turkey Meatloaf
Veggies

Evening:

Egg White Omelet
Veggies
Almonds

Or

Protein Shake
Cottage Cheese
Almonds
Grapefruit
1/2 grapefruit