

# MBS Fitness, Inc.

working toward a new you

## 3 Week Weight Management Meals

Time	Meal Intake	Protein (g)
6:30 – 7:00 am	2-3 oz Turkey Breast/sweet potato	30
9:00 – 9:30 am	2-3 oz Turkey Breast/sweet potato	30
11:30 – 12:00 pm	2-3 oz Turkey Breast/sweet potato	30
2:00 – 2:30 pm	2-3 oz Turkey Breast/sweet potato	30
4:30 – 5:00 pm	2-3 oz Turkey Breast/sweet potato	30
7:00 – 7:30 pm	2-3 oz Turkey Breast/sweet potato	30
9:00 – 9:30 pm	2-3 oz Turkey Breast/sweet potato	30
	<b>TOTAL PROTEIN INTAKE</b>	<b>350</b>

Possible Substitutions  
Chicken or fish for turkey  
Broccoli or brown rice for the sweet potato  
Drink one gallon of water per day  
No condiments except Mrs. Dash