

# TurboFire Week 5 Meal Plan

|                 | Monday                              | Tuesday                 | Wednesday               | Thursday                            | Friday                              | Saturday              | Sunday                 |
|-----------------|-------------------------------------|-------------------------|-------------------------|-------------------------------------|-------------------------------------|-----------------------|------------------------|
| upon waking     | 8-10 oz water, coffee               | 8-10 oz water, coffee   | 8-10 oz water, coffee   | 8-10 oz water, coffee               | 8-10 oz water, coffee               | 8-10 oz water, coffee | 8-10 oz water, coffee  |
| Breakfast       | toast with ricotta                  | oatmeal                 | toast with ricotta      | oatmeal                             | toast with ricotta                  | oatmeal               | toast with ricotta     |
|                 | yogurt                              | yogurt                  | yogurt                  | yogurt                              | yogurt                              | yogurt                | yogurt                 |
|                 | grapefruit                          | grapefruit              | banana                  | grapefruit                          | grapefruit                          | banana                | grapefruit             |
|                 | Coffee                              | Coffee                  | Coffee                  | Coffee                              | Coffee                              | Coffee                | Coffee                 |
| Morning Snack   | vegan choc shakeology               | vegan choc shakeology   | vegan choc shakeology   | vegan choc shakeology               | vegan choc shakeology               | vegan choc shakeology | vegan choc shakeology  |
|                 | raw veggies                         | raw veggies             | raw veggies             | raw veggies                         | raw veggies                         | raw veggies           | raw veggies            |
| Lunch           | egg salad and toast                 | eggs with 1/2 cheese    | egg salad and toast     | eggs with 1/2 cheese                | egg salad and toast                 | eggs with 1/2 cheese  | egg salad and toast    |
|                 | salad                               | salad                   | salad                   | salad                               | salad                               | salad                 | salad                  |
|                 | sunflower seeds                     | sunflower seeds         | sunflower seeds         | green tea                           | sunflower seeds                     | sunflower seeds       |                        |
|                 |                                     |                         |                         |                                     |                                     |                       |                        |
| Afternoon Snack | cutie                               | cutie                   | cutie                   | peppers and hummus                  | cutie                               | cutie                 | cutie                  |
|                 | raw carrots                         | raw carrots             | raw carrots             | raw carrots                         | raw carrots                         | raw carrots           |                        |
| Dinner          | meatloaf                            | venison veggie goulash  | venison veggie goulash  | crockpot bbq chicken with pineapple | crockpot bbq chicken with pineapple | baked chicken         | leftovers or breakfast |
|                 | venison                             | venison                 | venison                 | chicken                             | chicken                             | chicken               |                        |
|                 | roasted brussel sprouts and cabbage | tomatoes onions peppers | tomatoes onions peppers | steamed broccoli                    | leftover veggies or raw veggies     | carrots               |                        |
|                 | roasted chickpeas                   | noodles                 | noodles                 | cous cous                           | cous cous                           | roasted chickpeas     |                        |
| Evening Snack   | recharge performance                | recharge performance    | recharge performance    | recharge performance                | recharge performance                | recharge performance  | recharge performance   |
|                 |                                     | almonds and pb          | almonds and pb          | almonds and pb                      | almonds and pb                      | almonds and pb        | almonds and pb         |

# **Turbofire Food Guide**

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Margarine Step 3 Military Diet Tips that speed up Weight Loss Step 4 Military Diet s Food Schedule Samplers Step 5 Military Diet Shopping List Step 6 Top Military Diet Recipes Step 7 Lifestyle Diet to sustain the Military Diet Step 8 The Military Diet Exercise Plan Step 9 Troubleshooting the Weight Plateau Conclusion      **The Complete Whole 30 Diet Plan** Daphne Taylor,2015-07-14 Discover The Complete Whole 30 Diet Cookbook and Beginners Guide With tens of thousands of people having taken on the Whole30 Diet it s no wonder it s results are getting so much popularity The purpose of this book is to give you the science behind the diet to help you understand HOW and WHY it works along with giving you a complete meal plan food list and recipes in order to get through the entire program Here Is A Preview Of What You ll Get The Truth About How Carbohydrates Affect Your Body The Difference Between Fats An In Depth Look Into Several Food Groups looking at nutrition and the role it plays in your health A Complete 30 Day Recipe Book To Keep You Satisfied Throughout The Diet You re about to discover mouth watering weight loss recipes from the whole 30 diet Most people struggle to lose weight and with the rising obesity rate it s no surprise that the issue lies within the common diet Along with that there has been several revisions on the food pyramid and a myriad of contradicting studies on what s healthy and what isn t The Whole 30 diet solves that problem by giving a proven and working strategy in order to allow everyone who is willing to give it a shoot a solution for weight loss If you are in need of a new and working weight loss diet and are looking to lose weight or maintain a healthy lifestyle then scroll up and click the buy button now

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