



1400 Calorie Menu

Week 1
Day 1

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1 exchange
Carb 1 exchange
Fat 2 exchange

Snack:

Protein 1/2 exchange
Carb 1/2 exchange

Lunch:

Protein 1 exchange
Fat 1.5 exchange
Carb 1.5 exchange

Snack:

Protein 1 exchange

Dinner:

Protein 1 exchange
Carb 1 exchange
Fat 1/2 exchange

Treat:

Carb 1/2 exchange
Protein 1/2 exchange
Fat 1/2 exchange

Breakfast Pizza Sticks

*recipe in cookbook
Side of fruit of choice
collagen in coffee or tea

Snack:

4 hard boiled egg whites with Thrive Market
Everything Bagel Seasoning
Fruit of choice

Slow Cooker Honey Lemon Chicken

*recipe in cookbook
Over Thrive Market Organic Riced Cauliflower
2 Flourless PB Chocolate Chip Cookies
*recipe in cookbook

Snack:

Protein shake
*breakfast shake recipes

Cuban Mojo Pork

*recipe in cookbook
Add to slider buns
Side of steamed veggies with salt or wedge
of laughing cow cheese

Flourless Peanut Butter Chocolate Chip Cookies

*recipe in cookbook



1400 Calorie Menu

Week 1
Day 2

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1 exchange Carb
..... 1 exchange
Fat 2 exchange

Snack:

Protein 1/2 exchange
Carb 1/2 exchange

Lunch:

Protein 1 exchange
Fat 1.5 exchange
Carb 1.5 exchange

Snack:

Protein 1 exchange

Dinner:

Protein 1 exchange
Carb 1 exchange
Fat 1/2 exchange

Treat:

Carb 1/2 exchange
Protein 1/2 exchange
Fat 1/2 exchange

Breakfast Pizza Sticks

*recipe in cookbook
Side of fruit of choice
collagen in coffee or tea

Snack:

4 hard boiled egg whites with Thrive Market
Everything Bagel Seasoning
Fruit of choice

Slow Cooker Honey Lemon Chicken

*recipe in cookbook
Over Thrive Market Organic Riced Cauliflower
2 Flourless PB Chocolate Chip Cookies
*recipe in cookbook

Snack:

Protein shake
*breakfast shake recipes

Cuban Mojo Pork

*recipe in cookbook
Add to slider buns
Side of steamed veggies with salt or wedge
of laughing cow cheese

Flourless Peanut Butter Chocolate Chip Cookies

*recipe in cookbook



1400 Calorie Menu

Week 1
Day 3

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1 exchange
Carb 1 exchange
Fat 2 exchange

Snack:

Protein 1/2 exchange
Carb 1/2 exchange

Lunch:

Protein 1.5 exchange
Fat 1.5 exchange
Carb 1.5 exchange

Snack:

Protein 1/2 exchange

Dinner:

Protein 1.5 exchange
Carb 1 exchange
Fat 1/2 exchange

Treat:

Carb 1/2 exchange
Protein 1/2 exchange
Fat 1/2 exchange

Breakfast Pizza Sticks

*recipe in cookbook
Side of fruit of choice
collagen in coffee or tea

Snack:

4 hard boiled egg whites with Thrive Market
Everything Bagel Seasoning
Fruit of choice

Beef Lo Mein

*recipe in cookbook
2 Flourless PB Chocolate Chip Cookies
*recipe in cookbook

Snack:

4 slices deli meat

Red Curry Chicken

*recipe in cookbook
Add to 3/4 cup rice
Side of steamed veggies with salt or wedge
of laughing cow cheese

Flourless Peanut Butter Chocolate Chip Cookies

*recipe in cookbook



1400 Calorie Menu

Week 1
Day 4

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1 exchange
Carb 1 exchange
Fat 2 exchange

Snack:

Protein 1/2 exchange
Carb 1/2 exchange

Lunch:

Protein 1.5 exchange
Fat 1.5 exchange
Carb 1.5 exchange

Snack:

Protein 1/2 exchange

Dinner:

Protein 1.5 exchange
Carb 1 exchange
Fat 1/2 exchange

Treat:

Carb 1/2 exchange
Protein 1/2 exchange
Fat 1/2 exchange

Breakfast Pizza Sticks

*recipe in cookbook
Side of fruit of choice
collagen in coffee or tea

Snack:

4 hard boiled egg whites with Thrive Market
Everything Bagel Seasoning
Fruit of choice

Beef Lo Mein

*recipe in cookbook
2 Flourless PB Chocolate Chip Cookies
*recipe in cookbook

Snack:

4 slices deli meat

Red Curry Chicken

*recipe in cookbook
Add to 3/4 cup rice
Side of steamed veggies with salt or wedge
of laughing cow cheese

Flourless Peanut Butter Chocolate Chip Cookies

*recipe in cookbook



1400 Calorie Menu

Week 1
Day 5

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1/2 exchange
Carb 1 exchange
Fat 2 exchange

Snack:

Protein 1/2 exchange
Carb 1/2 exchange

Lunch:

Protein 1 exchange
Fat 1.5 exchange
Carb 1.5 exchange

Snack:

Protein 1.5 exchange

Dinner:

Protein 1 exchange
Carb 1 exchange
Fat 1 exchange

Treat:

Carb 1/2 exchange
Protein 1/2 exchange
Fat 1/2 exchange

Breakfast Pizza Sticks

*recipe in cookbook
Side of fruit of choice
collagen in coffee or tea

Snack:

4 hard boiled egg whites with Thrive Market
Everything Bagel Seasoning
Fruit of choice

Chicken Parmesan Meatballs

*recipe in cookbook
Over Capellini noodles
2 Flourless PB Chocolate Chip Cookies
*recipe in cookbook

Snack:

Protein Shake
4 slices deli meat
~~Taco Soup~~
*recipe in cookbook

Flourless Peanut Butter Chocolate Chip Cookies

*recipe in cookbook



1400 Calorie Menu

Week 1
Day 6

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1 exchange
Carb 1 exchange
Fat 2 exchange

Snack:

Protein 1/2 exchange
Carb 1/2 exchange

Lunch:

Protein 1 exchange
Fat 1.5 exchange
Carb 1.5 exchange

Snack:

Protein 1.5 exchange

Dinner:

Protein 1 exchange
Carb 1 exchange
Fat 1 exchange

Treat:

Carb 1/2 exchange
Protein 1/2 exchange
Fat 1/2 exchange

Breakfast Pizza Sticks

*recipe in cookbook
Side of fruit of choice
collagen in coffee or tea

Snack:

4 hard boiled egg whites with Thrive Market
Everything Bagel Seasoning
Fruit of choice

Chicken Parmesan Meatballs

*recipe in cookbook
Over Capellini noodles
2 Flourless PB Chocolate Chip Cookies
*recipe in cookbook

Snack:

Protein Shake
4 slices deli meat

Taco Soup

*recipe in cookbook

Flourless Peanut Butter Chocolate Chip Cookies

*recipe in cookbook



1400 Calorie Menu

Week 1
Day 7

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1 exchange
Carb 1 exchange
Fat 2 exchange

Snack:

Protein 1/2 exchange
Carb 1/2 exchange

Lunch:

Protein 1.5 exchange
Fat1.5 exchange
Carb 1.5 exchange

Snack:

Carb 1/2 exchange

Dinner:

Protein 2 exchange
Carb 1 exchange
Fat 1 exchange

Treat

Carb 1/2 exchange

Breakfast Pizza Sticks

*recipe in cookbook
Side of fruit of choice
collagen in coffee or tea

Snack:

4 hard boiled egg whites with Thrive Market
Everything Bagel Seasoning
Fruit of choice

Grilled Fish Salad:

4 oz Mahi Mahi
3 Cups Romaine lettuce
2 Tbsp Shredded Cheddar Cheese
1 Tbsp Bolthouse Dressing of choice
Cucumber & Tomato
1/2 cup Croutons
2 Flourless PB Chocolate Chip Cookies
*recipe in cookbook

Snack:

Apple in rehydrated PBFit powder
Slow Cooker Creamy Ranch Chicken
*recipe in cookbook
Add to a bun or 1 cup cooked pasta
Side Salad 1 Tbsp Bolthouse Farms Dressing

2 Lundberg Rice Thins with rehydrates PBFit powder



1400 Calorie Menu

Week 2
Day 1

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges

Breakfast

Protein..... 1 exchange
Carb 1 exchange
Fat 2 exchange

Snack:

Protein 1/2 exchange
Carb 1/2 exchange

Lunch:

Protein 1.5 exchange
Fat1.5 exchange
Carb 1.5 exchange

Snack:

Carb 1/2 exchange

Dinner:

Protein 2 exchange
Carb 1 exchange
Fat 1 exchange

Treat

Carb 1/2 exchange

Breakfast Pizza Sticks

*recipe in cookbook
Side of fruit of choice
collagen in coffee or tea

Snack:

4 hard boiled egg whites with Thrive Market
Everything Bagel Seasoning
Fruit of choice

Grilled Fish Salad:

4 oz Mahi Mahi
3 Cups Romaine lettuce
2 Tbsp Shredded Cheddar Cheese
1 Tbsp Bolthouse Dressing of choice
Cucumber & Tomato
1/2 cup Croutons
2 Flourless PB Chocolate Chip Cookies
*recipe in cookbook

Snack:

Apple in rehydrated PBFit powder

Slow Cooker Creamy Ranch Chicken

*recipe in cookbook
Add to a bun or 1 cup cooked pasta
Side Salad 1 Tbsp Bolthouse Farms Dressing

2 Lundberg Rice Thins with rehydrates PBFit powder



1400 Calorie Menu

Week 2
Day 2

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1.5 exchange
Carb 1 exchange

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 1.5 exchange
Fat 1.5 exchange
Carb 1.5 exchange

Snack:

Protein 1/2 exchange
Carb..... 1/2 exchange
Free Foods

Dinner:

Protein 1/2 exchange
Carb 1 exchange
Fat 2 exchange

Treat:

Carb 1/2 exchange
Fat 1 exchange

Overnight Sugar Cookie Protein Oats

*recipe in cookbook
collagen in coffee or tea

Smoothie Recipe of choice from
recipe book

Turkey Sandwich

2 slices of bread
1 Tbsp mayo
Mustard
Grillo pickles
4 oz low sodium deli turkey meat
snack bag of Lesser Evil Popcorn
(Thrive Market)
2 Flourless PB Chocolate Chip Cookies
*recipe in cookbook

Snack:

2 Lundberg thin Stacker
rehydrated PBFit

Hearty Italian Meatloaf

*recipe in cookbook
Side Salad w/ 1 Tbsp
Bolthouse Dressing

Frozen Chocolate Covered Banana

*recipe in cookbook



1400 Calorie Menu

Week 2
Day 3

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1.5 exchange
Carb 1 exchange

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 1.5 exchange
Fat 1.5 exchange
Carb 1.5 exchange

Snack:

Protein 1/2 exchange
Carb..... 1/2 exchange
Free Foods

Dinner:

Protein 1/2 exchange
Carb 1 exchange
Fat 2 exchange

Treat:

Carb 1/2 exchange
Fat 1 exchange

Overnight Sugar Cookie Protein Oats

*recipe in cookbook
collagen in coffee or tea

Smoothie Recipe of choice from
recipe book

Turkey Sandwich

2 slices of bread
1 Tbsp mayo
Mustard
Grillo pickles
4 oz low sodium deli turkey meat
snack bag of Lesser Evil Popcorn
(Thrive Market)
2 Flourless PB Chocolate Chip Cookies
*recipe in cookbook

Snack:

2 Lundberg thin Stacker
rehydrated PBFit

Hearty Italian Meatloaf

*recipe in cookbook
Side Salad w/ 1 Tbsp
Bolthouse Dressing

Frozen Chocolate Covered Banana

*recipe in cookbook



1400 Calorie Menu

Week 2
Day 4

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1.5 exchange
Carb 1 exchange

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 2 exchange
Fat 1.5 exchange
Carb 1 exchange

Snack:

Carb..... 1/2 exchange
Fat..... 1 exchange
Free Foods

Dinner:

Protein 1 exchange
Carb 1 exchange
Fat 1.5 exchange

Treat:

Carb 1/2 exchange
Fat 1 exchange

Overnight Sugar Cookie Protein Oats

*recipe in cookbook
collagen in coffee or tea

Smoothie Recipe of choice from
recipe book

Chicken Pot Pie Casserole

*recipe in cookbook
2 Flourless PB Chocolate Chip Cookies
*recipe in cookbook

Snack:

2 Lundberg thin Stacker
rehydrated PBFit
Chomps Meat Stick

Lentil Patties w/ Tahini Sauce

*recipe in cookbook
4 Oz Grilled Chicken lightly
seasoned

Frozen Chocolate Covered Banana

*recipe in cookbook



1400 Calorie Menu

Week 2
Day 5

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1.5 exchange
Carb 1 exchange

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 2 exchange
Fat 1.5 exchange
Carb 1 exchange

Snack:

Carb..... 1/2 exchange
Fat..... 1 exchange
Free Foods

Dinner:

Protein 1 exchange
Carb 1 exchange
Fat 1.5 exchange

Treat:

Carb 1/2 exchange
Fat 1 exchange

Overnight Sugar Cookie Protein Oats

*recipe in cookbook
collagen in coffee or tea

Smoothie Recipe of choice from
recipe book

Chicken Pot Pie Casserole

*recipe in cookbook
2 Flourless PB Chocolate Chip Cookies
*recipe in cookbook

Snack:

2 Lundberg thin Stacker
rehydrated PBFit
Chomps Meat Stick

Lentil Patties w/ Tahini Sauce

*recipe in cookbook
4 Oz Grilled Chicken lightly
seasoned

Frozen Chocolate Covered Banana

*recipe in cookbook



1400 Calorie Menu

Week 2
Day 6

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1.5 exchange
Carb 1 exchange

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 1 exchange
Fat 2.5 exchange
Carb 1.5 exchange

Snack:

Carb..... 1/2 exchange
Fat..... 1 exchange
Free Foods

Dinner:

Protein 2 exchange
Carb 1 exchange
Fat 1 exchange

Overnight Sugar Cookie Protein Oats

*recipe in cookbook
collagen in coffee or tea

Smoothie Recipe of choice from
recipe book

Sloppy Joe Sandwich

*recipe in cookbook
Single Serve bag of Lesser Evil Popcorn
2 Flourless PB Chocolate Chip Cookies
*recipe in cookbook

Snack:

2 Lundberg thin Stacker
rehydrated PBFit
Chomps Meat Stick

Slow Cooker Creamy Ranch

*recipe in cookbook
Over 1 cup pasta



1400 Calorie Menu

Week 2
Day 7

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1.5 exchange
Carb 1 exchange

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 1 exchange
Fat 2.5 exchange
Carb 1.5 exchange

Snack:

Carb..... 1/2 exchange
Fat..... 1 exchange
Free Foods

Dinner:

Protein 2 exchange
Carb 1 exchange
Fat 1 exchange

Overnight Sugar Cookie Protein Oats

*recipe in cookbook
collagen in coffee or tea

Smoothie Recipe of choice from
recipe book

Sloppy Joe Sandwich

*recipe in cookbook
Single Serve bag of Lesser Evil Popcorn
2 Flourless PB Chocolate Chip Cookies
*recipe in cookbook

Snack:

2 Lundberg thin Stacker
rehydrated PBFit
Chomps Meat Stick

Slow Cooker Creamy Ranch

*recipe in cookbook
Over 1 cup pasta



1400 Calorie Menu

Week 3

Day 1

Total Daily Exchanges

5 Protein Exchanges

5 Carb Exchanges

4 1/2 Fat Exchanges



Breakfast

Protein..... 1 exchange

Carb 1 exchange

Snack:

Protein 1 exchange

Carb 1/2 exchange

Lunch:

Protein 1.5 exchange

Fat 1.5 exchange

Carb 1.5 exchange

Snack:

Free Foods

Carb 1/2 exchange

Protein 1/2 exchange

Dinner:

Protein 1 exchange

Carb 1 exchange

Fat 2 exchange

Treat:

Carb 1/2 exchange

Fat 1 exchange

French Toast Casserole

*recipe in cookbook

collagen in coffee or tea

Smoothie Recipe of choice

Burrito Bowl

3/4 cup brown rice

6 oz cooked chicken or beef

Favorite veggies (zucchini, squash, tomato, etc)

2 Tbsp Bolthouse Farm Dressing
fruit of choice

Snack:

1 wedge laughing cow cheese

mini bell peppers

Fruit of choice

Baked Ziti

*recipe in cookbook

Frozen Chocolate Covered Banana

*recipe in cookbook



1400 Calorie Menu

Week 3

Day 2

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1 exchange
Carb 1 exchange

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 1.5 exchange
Fat 1.5 exchange
Carb 1.5 exchange

Snack:

Free Foods
Carb 1/2 exchange
Protein 1/2 exchange

Dinner:

Protein 1 exchange
Carb 1 exchange
Fat 2 exchange

Treat:

Carb 1/2 exchange
Fat 1 exchange

French Toast Casserole

*recipe in cookbook
collagen in coffee or tea

Smoothie Recipe of choice

Burrito Bowl

3/4 cup brown rice
6 oz cooked chicken or beef
Favorite veggies (zucchini, squash, tomato, etc)
2 Tbsp Bolthouse Farm Dressing
fruit of choice

Snack:

1 wedge laughing cow cheese
mini bell peppers
Fruit of choice

Baked Ziti

*recipe in cookbook

Frozen Chocolate Covered Banana

*recipe in cookbook



1400 Calorie Menu

Week 3

Day 3

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1 exchange
Carb 1 exchange

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 1.5 exchange
Fat 1.5 exchange
Carb 1.5 exchange

Snack:

Free Foods
Carb 1/2 exchange
Protein 1/2 exchange

Dinner:

Protein 1 exchange
Carb 1 exchange
Fat 2 exchange

Treat:

Carb 1/2 exchange
Fat 1 exchange

French Toast Casserole

*recipe in cookbook
collagen in coffee or tea

Smoothie Recipe of choice

Simple Chicken Salad

6 oz shredded chicken (rotisserie chicken or roast your own chicken for the week)
1 Tbsp Mayo
salt, pepper, garlic powder
2 slices of bread ~34g Carbs
Single serve Lesser Evil popcorn

Snack:

1 wedge laughing cow cheese
mini bell peppers
Fruit of choice

Chicken Pot Pie Casserole

*recipe in cookbook

Frozen Chocolate Covered Banana

*recipe in cookbook



1400 Calorie Menu

Week 3

Day 4

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1 exchange
Carb 1 exchange

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 1.5 exchange
Fat 1.5 exchange
Carb 1 exchange

Snack:

Free Foods
Carb 1/2 exchange
Protein 1/2 exchange

Dinner:

Protein 1 exchange
Carb 1 exchange
Fat 2 exchange

Treat:

Carb 1/2 exchange
Fat 1 exchange

French Toast Casserole

*recipe in cookbook
collagen in coffee or tea

Smoothie Recipe of choice

Simple Chicken Salad

6 oz shredded chicken (rotisserie chicken or roast your own chicken for the week)
1 Tbsp Mayo
salt, pepper, garlic powder
2 slices of bread ~34g Carbs
Single serve popcorn

Snack:

1 wedge laughing cow cheese
mini bell peppers
Fruit of choice

Chicken Pot Pie Casserole

*recipe in cookbook

Frozen Chocolate Covered Banana

*recipe in cookbook



1400 Calorie Menu

Week 3

Day 5

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1 exchange
Carb 1 exchange

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 1 exchange
Fat 1 exchange
Carb 1.5 exchange

Snack:

Carb 1/2 exchange
Protein 1 exchange
Fat 1.5 exchange

Dinner:

Protein 1/2 exchange
Carb 1 exchange
Fat 1 exchange

Treat:

Carb 1/2 exchange
Fat 1/2 exchange
Protein 1/2 exchange

French Toast Casserole

*recipe in cookbook
Collagen in coffee or tea

Smoothie Recipe of choice

Easy Dump Meal

Kevin's brand Thai-style Coconut Chicken

*I get this pre-packaged at Target or Whole Foods
3/4 cup Brown rice
fruit of choice

Snack:

6 slices low sodium turkey meat
fruit of choice
Chomps Meat Stick

Slow Cooker Honey Lemon Chicken

*recipe in cookbook
Over Thrive Market Organic Cauliflower Rice

Flourless Chocolate Peanut Butter Chocolate Chip Cookies

*recipe in cookbook



1400 Calorie Menu

Week 3

Day 6

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1 exchange
Carb 1 exchange

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 1 exchange
Fat 1 exchange
Carb 1.5 exchange

Snack:

Carb 1/2 exchange
Protein 1 exchange
Fat 1.5 exchange

Dinner:

Protein 1/2 exchange
Carb 1 exchange
Fat 1 exchange

Treat:

Carb 1/2 exchange
Fat 1/2 exchange
Protein 1/2 exchange

French Toast Casserole

*recipe in cookbook
collagen in coffee or tea

Smoothie Recipe of choice

Easy Dump Meal

Kevin's brand Thai-style Coconut Chicken

*I get this pre-packaged at Target or Whole Foods
3/4 cup Brown rice
fruit of choice

Snack:

6 slices low sodium turkey meat
fruit of choice
Chomps Meat Stick

Slow Cooker Honey Lemon Chicken

*recipe in cookbook
Over Thrive Market Organic Cauliflower
Rice

**Flourless Chocolate Peanut Butter
Chocolate Chip Cookies**

*recipe in cookbook



1400 Calorie Menu

Week 3

Day 7

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1 exchange
Carb 1 exchange

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 1 exchange
Fat 1 exchange
Carb 1.5 exchange

Snack:

Carb 1/2 exchange
Protein 1 exchange
Fat 1.5 exchange

Dinner:

Protein 1 exchange
Carb 1 exchange
Fat 1 exchange

Treat:

Carb 1/2 exchange
Fat 1/2 exchange
Protein 1/2 exchange

French Toast Casserole

*recipe in cookbook
Collagen in coffee or tea

Smoothie Recipe of choice

Egg Salad Sandwich

- 4 Hardboiled egg whites
- 1Tbsp mayo
- salt & pepper

2 slices bread ~34g carbs
single serve Lesser Evil popcorn
Fruit of choice

Snack:

6 slices low sodium turkey meat
fruit of choice
Carrots (any veggie) dipped in Bolthouse
Farm Ranch dressing

Swedish Meatballs

*recipe in cookbook
Over Jovial Capellini Pasta

**Flourless Chocolate Peanut Butter
Chocolate Chip Cookies**

*recipe in cookbook



1400 Calorie Menu

Week 4

Day 1

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1 exchange
Carb 1 exchange

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 1 exchange
Fat 1 exchange
Carb 1.5 exchange

Snack:

Carb 1/2 exchange
Protein 1 exchange
Fat 1.5 exchange

Dinner:

Protein 1 exchange
Carb 1 exchange
Fat 1 exchange

Treat:

Carb 1/2 exchange
Fat 1/2 exchange
Protein 1/2 exchange

French Toast Casserole

*recipe in cookbook
Collagen in coffee or tea

Smoothie Recipe of choice

Egg Salad Sandwich

- 4 Hardboiled egg whites
- 1Tbsp mayo
- salt & pepper

2 slices bread ~34g carbs
single serve Lesser Evil popcorn
Fruit of choice

Snack:

6 slices low sodium turkey meat
fruit of choice
Carrots (any veggie) dipped in Bolthouse
Farm Ranch dressing

Swedish Meatballs

*recipe in cookbook
Over Jovial Capellini Pasta

**Flourless Chocolate Peanut Butter
Chocolate Chip Cookies**

*recipe in cookbook



1400 Calorie Menu

Week 4

Day 2

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1/2 exchange
Carb 1 exchange
Fat 1.5 exchanges

Snack:

Protein 1.5 exchange
Fat 1/2 exchange
Carb 1/2 exchange

Lunch:

Protein 1 exchange
Fat 1 exchange
Carb 1.5 exchange

Snack:

Carb 1/2 exchange
Protein 1 exchange

Dinner:

Protein 1/2 exchange
Carb 1 exchange
Fat 1.5 exchange

Treat:

Carb 1/2 exchange
Fat 1/2 exchange
Protein 1/2 exchange

Chicken & Waffle Casserole

*recipe in cookbook

Smoothie Recipe of choice
4 slices low sodium turkey

Beef Lo Mein

*recipe in cookbook
fruit of choice

Snack:

8 oz Fat Free Plain Greek Yogurt
stevia
Fruit of choice

Chicken Parmesan meatballs

*recipe in cookbook
drizzle 1 tsp olive oil over pasta

**Flourless Chocolate Peanut Butter
Chocolate Chip Cookies**

*recipe in cookbook



1400 Calorie Menu

Week 4

Day 3

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1/2 exchange
Carb 1 exchange
Fat 1.5 exchanges

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 1 exchange
Fat 1 exchange
Carb 1.5 exchange

Snack:

Carb 1/2 exchange
Protein 1 exchange

Dinner:

Protein 1/2 exchange
Carb 1 exchange
Fat 1.5 exchange

Treat:

Carb 1/2 exchange
Fat 1/2 exchange
Protein 1/2 exchange

Chicken & Waffle Casserole

*recipe in cookbook

Smoothie Recipe of choice

Beef Lo Mein

*recipe in cookbook
Fruit of choice

Snack:

8 oz Fat Free Plain Greek Yogurt
stevia
Fruit of choice

Chicken Parmesan meatballs

*recipe in cookbook
drizzle 1 tsp olive oil over pasta

**Flourless Chocolate Peanut Butter
Chocolate Chip Cookies**

*recipe in cookbook



1400 Calorie Menu

Week 4

Day 4

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1/2 exchange
Carb 1 exchange
Fat 1.5 exchanges

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 1.5 exchange
Fat 1 exchange
Carb 1.5 exchange

Snack:

Carb 1/2 exchange
Protein 1 exchange

Dinner:

Protein 1 exchange
Carb 1 exchange
Fat 1.5 exchange

Treat:

Carb 1/2 exchange
Fat 1/2 exchange
Protein 1/2 exchange

Chicken & Waffle Casserole

*recipe in cookbook

Smoothie Recipe of choice

Club Wrap

- tortilla ~34g Carbs (may have 2)
- 6 oz sliced deli meat
- lettuce, tomato, pickle
- mustard
- 1 Tbsp mayo
- single serve Lesser Evil popcorn
- fruit of choice

Snack:

8 oz Fat Free Plain Greek Yogurt
stevia
Fruit of choice

Cheeseburgers

4 oz cooked ground beef patty
bun ~34g carbs
1 slice of cheese
ketchup, mustard
lettuce, tomato, pickles
side of steamed veggies

**Flourless Chocolate Peanut Butter
Chocolate Chip Cookies**

*recipe in cookbook



1400 Calorie Menu

Week 4

Day 5

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1/2 exchange
Carb 1 exchange
Fat 1.5 exchanges

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 1 exchange
Fat 1 exchange
Carb 1.5 exchange

Snack:

Carb 1/2 exchange
Protein 1 exchange

Dinner:

Protein 1 exchange
Carb 1 exchange
Fat 1.5 exchange

Treat:

Carb 1/2 exchange
Fat 1/2 exchange
Protein 1/2 exchange

Chicken & Waffle Casserole

*recipe in cookbook

Smoothie Recipe of choice

Club Wrap

- tortilla ~34g Carbs (may have 2)
 - 4 oz sliced deli meat
 - lettuce, tomato, pickle
 - mustard
 - 1 Tbsp mayo
- single serve Lesser Evil popcorn
Fruit of choice

Snack:

8 oz Fat Free Plain Greek Yogurt
stevia
Fruit of choice

Cheeseburgers

- 4 oz cooked ground beef patty
- bun ~34g carbs
- 1 slice of cheese
- ketchup, mustard
- lettuce, tomato, pickles
- side of steamed veggies

**Flourless Chocolate Peanut Butter
Chocolate Chip Cookies**

*recipe in cookbook



1400 Calorie Menu

Week 4

Day 6

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1/2 exchange
Carb 1 exchange
Fat 1.5 exchanges

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 1.5 exchange
Fat 1 exchange
Carb 1.5 exchange

Snack:

Carb 1/2 exchange
Protein 1 exchange

Dinner:

Protein 1 exchange
Carb 1 exchange
Fat 1 exchange

Treat:

Carb 1/2 exchange
Fat 1/2 exchange
Protein 1/2 exchange

Chicken & Waffle Casserole

*recipe in cookbook

Smoothie Recipe of choice

Turkey Sandwich

2 slices of bread
1 Tbsp mayo.Mustard
Grillo pickles
6 oz low sodium deli turkey meat
snack bag of Lesser Evil Popcorn (Thrive Market)
Fruit of choice

Snack:

8 oz Fat Free Plain Greek Yogurt
stevia
Fruit of choice

Hawaiian Chicken sliders

4 oz shredded chicken with Primal Kitchen
Hawaiian BBQ sauce from Thrive Market
*(place 2 chicken breasts in slow cooker or instant
pot, pour over half jar BBQ sauce, cook until 165,
shred)*

side of steamed veggies

Flourless Chocolate Peanut Butter

Chocolate Chip Cookies

*recipe in cookbook



1400 Calorie Menu

Week 4

Day 7

Total Daily Exchanges

5 Protein Exchanges
5 Carb Exchanges
4 1/2 Fat Exchanges



Breakfast

Protein..... 1/2 exchange
Carb 1 exchange
Fat 1.5 exchanges

Snack:

Protein 1 exchange
Carb 1/2 exchange

Lunch:

Protein 1 exchange
Fat 1 exchange
Carb 1.5 exchange

Snack:

Carb 1/2 exchange
Protein 1 exchange

Dinner:

Protein 1.5 exchange
Carb 1 exchange
Fat 1.5 exchange

Treat:

Carb 1/2 exchange
Fat 1/2 exchange
Protein 1/2 exchange

Chicken & Waffle Casserole

*recipe in cookbook

Smoothie Recipe of choice

Turkey Sandwich

2 slices of bread
1 Tbsp mayo.Mustard
Grillo pickles
4 oz low sodium deli turkey meat
snack bag of Lesser Evil Popcorn (Thrive Market)
Fruit of choice

Snack:

8 oz Fat Free Plain Greek Yogurt
stevia
Fruit of choice

Hawaiian Chicken sliders

6 oz shredded chicken with Primal Kitchen
Hawaiian BBQ sauce from Thrive Market
*(place 2 chicken breasts in slow cooker or instant
pot, pour over half jar BBQ sauce, cook until 165,
shred)*
side of steamed veggies

**Flourless Chocolate Peanut Butter
Chocolate Chip Cookies**

*recipe in cookbook