

NADEEN BOMAN

BULGE BUSTER MEAL PLAN

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
Meal 1	- Shrimp - Tuna - Salmon	FRUIT DAY Meal 1: Turkey Pita or Tuna Pita:	- Halibut - Shrimp	- Roast Beef - Ham - Turkey	- Chicken - Meatballs	- Roast Beef - Green Veg - Turkey	- Tuna - Chicken	VEGETABLE DAY Choose from: - Lettuce - Tomatoes - Cucumbers	- Frzn Yogurt - Kiwi - Peaches	- Meatballs - Roast Beef - Turkey	- Shrimp - Halibut
Meal 2	- Halibut - Chicken - Green & Red Veggies	- Whole Grain Pita Bread - Lettuce, tomato, onion are optional	-Eggs -Milk	- Pears - Almonds	- Halibut - Salmon	- Turkey - Bacon - Eggs	- Shrimp - Milk	- Green Beans - Onions - Celery - Carrots - Pinto - Spinach	- Turkey Bacon - Eggs	- Ham - Eggs	- Banana Shake - Plums
Meal 3	- Turkey - Bacon - Eggs	Meals 2, 3, 4 Fresh Fruit: - Oranges - Pears - Apples - Grapes	- Tuna - Almonds	- Green Veg - Meatballs - Baked Beans	- Eggs - Turkey - Bacon	- Ham - Chicken	-Garden Salad - Grapes	- Broccoli - Zucchini - Sprouts - Squash - Peppers	- Halibut - Chicken - Almonds	- Gdn Salad - Strawberries	- Eggs - Turkey Bacon - Ham
Meal 4	- Meatballs - Roast Beef - Ham	- Peaches - Plums - Strawberries - Kiwis - Grapefruit	- Chicken - Turkey - Mixed Veg	- Salmon - Chicken	- Milk - Shrimp - Tuna	- Oatmeal - Apples	- Almonds - Eggs	Add ONE to each meal: - 1 oz Grated Cheese - 3 Tbls of Low-Cal Dressing	- Salmon - Oranges - Garden Salad	- Chicken - Almonds	- Milk - Chicken - Salmon

* Serving guide for portion control comes with plan