

## 2600 CALORIE PLAN FOR MEN (WEIGHT MAINTENANCE PLAN)

DAY 1		
<b>BREAKFAST 636 CAL</b>		
Buttermilk French Toast	3 slices	(p. 40)
Light Syrup	2 Tbsp	
Brummel and Brown Butter	1 tsp	
Grapefruit	1	
Apple	1	
Skim Milk	1 cup	
Water	16 fl oz	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	2 tablets	
<b>SNACK 521 CAL</b>		
Maximum Force Protein Bar	1 bar	
Low-Fat Cottage Cheese	1 cup	
Pineapple (canned)	1 cup	
Water	8 fl oz	
<b>LUNCH 360 CAL</b>		
ProThin Meal Replacement (Strawberry Cream Protein Shake)		(p. 45)
Water	16 fl oz	
Thermogenic Blend	2 tablets	
D-Zyme	2 tablets	
<b>SNACK 278 CAL</b>		
Healthy Choice Popcorn	4 cups	
Almonds	3 Tbsp	
Beef Jerky (low-sodium)	1 oz	
Water	8 fl oz	
<b>DINNER 760 CAL</b>		
Spinach Chicken Lasagna	1 1/2 cups	(p. 34)
Buttery Breadsticks	2	(p. 36)
Craisin Apple Spinach Salad	2 cups	(p. 26)
Water	16 fl oz	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	2 tablets	
<b>DAILY TOTAL</b>		
Total Calories	2555 calories	
Fats		
- Total	49.65g	(124%)
- Saturated	7.74g	(43%)
Carbohydrates		
- Total	391.31g	(178%)
- Fiber	48.58g	(162%)
- Sugars	183.53g	(229%)
Protein	156.95g	(174%)
Cholesterol	17mg	(6%)
Sodium	4117mg	(172%)
Vitamin A	46% RDA	
Vitamin C	443% RDA	
Calcium	111% RDA	

DAY 2		
<b>BREAKFAST 315 CAL</b>		
Kashi Go Lean Cereal	1 cup	
Skim Milk	1 cup	
Nectarine	1	
Water	16 fl oz	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	2 tablets	
<b>SNACK 368 CAL</b>		
Maximum Force Protein Bar	1 bar	
Pretzel Sticks	2 servings	
Almonds	3 Tbsp	
Water	8 fl oz	
<b>LUNCH 632 CAL</b>		
ProThin Meal Replacement (Luscious Lime Smoothie)		(p. 44)
Water	16 fl oz	
Thermogenic Blend	2 tablets	
D-Zyme	2 tablets	
<b>SNACK 258 CAL</b>		
Low-Fat Cottage Cheese	1 cup	
Pineapple (canned)	1/2 cup	
Baby Carrots	1 cup	
Water	8 fl oz	
<b>DINNER 1004 CAL</b>		
Chicken Rice Burritos	2 servings	(p. 31)
Mango Salsa	1/2 cup	(p. 43)
Lime Cilantro Rice	1/2 cup	(p. 42)
Baked Tostitos	1 serving	
Water	16 fl oz	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	2 tablets	
<b>DAILY TOTAL</b>		
Total Calories	2577 calories	
Fats		
- Total	52.43g	(131%)
- Saturated	11.30g	(63%)
Carbohydrates		
- Total	406.01g	(185%)
- Fiber	46.27g	(154%)
- Sugars	202.32g	(253%)
Protein	146.93g	(163%)
Cholesterol	38mg	(13%)
Sodium	4071mg	(170%)
Vitamin A	60% RDA	
Vitamin C	299% RDA	
Calcium	127% RDA	

**DAY 3****BREAKFAST 360 CAL**

Kashi Crunch	1 cup
Skim Milk	1 cup
Orange	1
Water	16 fl oz
Thermogenic Blend	2 tablets
Pre-Meal Tablet	2 tablets
D-Zyme	2 tablets

**SNACK 544 CAL**

Maximum Force Protein Bar	1 bar
Light Yogurt	1 serving
Crunchy Granola	1/2 cup (p. 41)
Baby Carrots	1 cup
Water	8 fl oz

**LUNCH 452 CAL**

ProThin Meal Replacement (Cranberry Craze Protein Shake)	(p. 44)
Water	16 fl oz
Thermogenic Blend	2 tablets
D-Zyme	2 tablets

**SNACK 243 CAL**

Soy Beans or Snow Peas	2 cups
Soy Crisps	1 serving
Water	8 fl oz

**DINNER 952 CAL**

Teriyaki Chicken with Pineapple	6 oz (p. 35)
Long-Grain Brown Rice (cooked)	1 cup
Craisin Apple Spinach Salad	2 cups (p. 26)
Steamed Broccoli	1 cup
Steamed Cauliflower	1 cup
Baby Carrots	1 cup
Whole Wheat Flax Seed Bread	1 slice (p. 36)
Brummel and Brown Butter	1 tsp
Water	16 fl oz
Thermogenic Blend	2 tablets
Pre-Meal Tablet	2 tablets
D-Zyme	2 tablets

**DAILY TOTAL**

Total Calories	2551 calories	
Fats		
- Total	36.78g	(92%)
- Saturated	4.08g	(23%)
Carbohydrates		
- Total	426.65g	(194%)
- Fiber	66.43g	(221%)
- Sugars	181.70g	(227%)
Protein	157.61g	(175%)
Cholesterol	14mg	(5%)
Sodium	3485mg	(145%)
Vitamin A	86% RDA	
Vitamin C	592% RDA	
Calcium	141% RDA	

**DAY 4****BREAKFAST 458 CAL**

Kashi Go Lean Cereal	1 cup
Skim Milk	1 cup
Grapes	1 cup
Light Yogurt	1 serving
Orange	1
Water	16 fl oz
Thermogenic Blend	2 tablets
Pre-Meal Tablet	2 tablets
D-Zyme	2 tablets

**SNACK 295 CAL**

Maximum Force Protein Bar	1 bar
Banana	1
Water	8 fl oz

**LUNCH 632 CAL**

ProThin Meal Replacement (Chocolate Peanut Butter Protein Shake)	(p. 44)
Water	16 fl oz
Thermogenic Blend	2 tablets
D-Zyme	2 tablets

**SNACK 271 CAL**

Mozzarella String Cheese	1
Soy Crisps	1 serving
Apple	1
Water	8 fl oz

**DINNER 876 CAL**

Citrus Orange Basil Chicken	6 oz (p. 32)
Herbed Couscous and Vegetable	1 cup (p. 42)
Craisin Apple Spinach Salad	3 cups (p. 26)
Wheat Dinner Roll	1
Brummel and Brown Butter	1 tsp
Water	16 fl oz
Thermogenic Blend	2 tablets
Pre-Meal Tablet	2 tablets
D-Zyme	2 tablets

**DAILY TOTAL**

Total Calories	2532 calories	
Fats		
- Total	45.02g	(113%)
- Saturated	13.44g	(75%)
Carbohydrates		
- Total	415.68g	(189%)
- Fiber	52.39g	(175%)
- Sugars	196.42g	(246%)
Protein	147.36g	(164%)
Cholesterol	34mg	(11%)
Sodium	3591mg	(150%)
Vitamin A	51% RDA	
Vitamin C	265% RDA	
Calcium	150% RDA	

## 2600 CALORIE PLAN FOR MEN CONT. (WEIGHT MAINTENANCE PLAN)

DAY 5		
<b>BREAKFAST 469 CAL</b>		
Kashi Crunch	1 cup	
Skim Milk	1 cup	
Apple	1	
Light Yogurt	1 serving	
Water	16 fl oz	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	2 tablets	
<b>SNACK 358 CAL</b>		
Maximum Force Protein Bar	1 bar	
Kiwi	2	
Pineapple	1 cup	
Water	8 fl oz	
<b>LUNCH 360 CAL</b>		
ProThin Meal Replacement (Strawberry Cream Protein Shake)		(p. 45)
Water	16 fl oz	
Thermogenic Blend	2 tablets	
D-Zyme	2 tablets	
<b>SNACK 417 CAL</b>		
Watermelon	1 cup	
Cantaloupe, sliced	1 cup	
Kiwi	2	
Beef Jerky (low-sodium)	2 oz	
Mozzarella String Cheese	1	
Water	8 fl oz	
<b>DINNER 1008 CAL</b>		
Pesto Salmon	6 oz	(p. 33)
Lime Cilantro Rice	1 cup	(p. 42)
Steamed Broccoli	2 cups	
Wheat Dinner Roll	1	
Brummel and Brown Butter	1 tsp	
Skim Milk	1 cup	
Water	16 fl oz	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	2 tablets	
<b>DAILY TOTAL</b>		
Total Calories	2612 calories	
Fats		
- Total	59.48g	(149%)
- Saturated	15.37g	(85%)
Carbohydrates		
- Total	359.92g	(164%)
- Fiber	41.32g	(138%)
- Sugars	195.84g	(245%)
Protein	178.77g	(199%)
Cholesterol	230mg	(77%)
Sodium	5226mg	(218%)
Vitamin A	202% RDA	
Vitamin C	1320% RDA	
Calcium	206% RDA	

DAY 6		
<b>BREAKFAST 480 CAL</b>		
Hearty Pancakes	2	(p. 41)
Fat-Free Yogurt	1	
Fiber One Cereal	1/2 cup	
Water	16 fl oz	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	2 tablets	
<b>SNACK 193 CAL</b>		
Maximum Force Protein Bar	1 bar	
Baby Carrots	1 cup	
Water	8 fl oz	
<b>LUNCH 632 CAL</b>		
ProThin Meal Replacement (Chocolate Peanut Butter Protein Shake)		(p. 44)
Water	16 fl oz	
Thermogenic Blend	2 tablets	
D-Zyme	2 tablets	
<b>SNACK 134 CAL</b>		
Healthy Choice Popcorn	4 cups	
Orange	1	
Water	8 fl oz	
<b>DINNER 1200 CAL</b>		
Chicken Gyros	2 servings	(p. 30)
Baked French Fries	1 cup	(p. 40)
Ketchup	2 Tbsp	
Low-Fat Cottage Cheese	1/2 cup	
Pineapple (canned)	1/2 cup	
Water	16 fl oz	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	2 tablets	
<b>DAILY TOTAL</b>		
Total Calories	2639 calories	
Fats		
- Total	46.14g	(115%)
- Saturated	12.11g	(67%)
Carbohydrates		
- Total	430.85g	(196%)
- Fiber	57.37g	(191%)
- Sugars	184.36g	(230%)
Protein	166.69g	(185%)
Cholesterol	67mg	(22%)
Sodium	4911mg	(205%)
Vitamin A	55% RDA	
Vitamin C	319% RDA	
Calcium	78% RDA	

## DAY 7

### BREAKFAST 430 CAL

Egg White Omelet	1 serving	(p. 41)
Orange	1	
Skim Milk	1 cup	
Water	16 fl oz	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	2 tablets	

### SNACK 404 CAL

Maximum Force Protein Bar	1 bar
Soy Beans or Snow Peas	2 cups
Beef Jerky (low-sodium)	1 oz
Water	8 fl oz

### LUNCH 375 CAL

ProThin Meal Replacement (Raspberry Cream Protein Shake)	(p. 45)
Water	16 fl oz
Thermogenic Blend	2 tablets
D-Zyme	2 tablets

### SNACK 255 CAL

Low-Fat Cottage Cheese	1 cup
Pineapple (canned)	1/2 cup
Water	8 fl oz

### DINNER 1154 CAL

White Chili	2 cups	(p. 28)
Butterly Breadsticks	1	(p. 36)
Artichoke Tomato Corn Salad	1 cup	(p. 25)
Water	16 fl oz	
Thermogenic Blend	2 tablets	
Pre-Meal Tablet	2 tablets	
D-Zyme	2 tablets	

### DAILY TOTAL

Total Calories	2618 calories	
Fats		
- Total	49.29g	(123%)
- Saturated	14.71g	(82%)
Carbohydrates		
- Total	358.83g	(163%)
- Fiber	58.37g	(195%)
- Sugars	164.36g	(205%)
Protein	203.08g	(226%)
Cholesterol	667mg	(222%)
Sodium	4964mg	(207%)
Vitamin A	55% RDA	
Vitamin C	313% RDA	
Calcium	121% RDA	

