



Champions Certifications Go Lean Eating Model (estimated calories: 1750-1850)

6:30 a.m.	4 egg whites with 1 English muffin (2 slices whole-wheat toast or whole-grain bagel) and 1 cup of orange juice (½ grapefruit or ½ cup of grapefruit juice).
8:00 a.m.	8-10oz. water (minimum) and a Next Level Multivitamin.
9:00 a.m.	1 palm-sized fruit: cantaloupe, grapes, apple, pear, orange, or grapefruit. 8-10oz. water.
11:30 a.m.	Chicken breast salad (1-2 palm-sized portions of raw or steamed vegetables). Turkey, Tuna, Salmon, or Venison as lean meat substitutes. Next Level Multivitamin. 8-10oz. water.
2:30 p.m.	Next Level Protein Shake. 8-10oz. water.
5:30 p.m.	Chicken Breast (or lean meat substitute from above), 1-2 palm-sized portions of raw or steamed vegetables, and 1 fruit (cantaloupe, grapes, apple, pear, orange, grapefruit).
7:30 p.m.	Next Level Protein Shake (if needed).

Drink lots of water and absolutely no fried foods for 12 weeks. A minimum of 8-10 oz. water should be consumed with each meal.