FLASH Diet: Meal Plan, Week 1

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On Sunday, shop for the entire week and use the cooking techniques provided in the Ideal Weight Program content to prepare all of your meals. Combine the food you have prepared into meals according to the weekly plan.

SHOP

- ☐ Eggs: 2 dozen
- ☐ Chicken breasts: 4
- ☐ Ground turkey: ~1.5lb
- ☐ Beef roast meat: ~1.5lb
- ☐ Fish fillet, mussels, scallops: 3 servings
- ☐ Fat-free cottage cheese
- ☐ Dark leafy greens: (kale, spinach, chard) 2 varieties, 6 servings
- ☐ Steaming / roasting hard vegetables: (beets, cauliflower, broccoli) 2 varieties, 6 servings
- ☐ Sautee vegetables: (peppers, asparagus, zucchini, eggplant) 2 varieties, 5 servings
- ☐ Celery: 1 bunch
- ☐ Fennel: 1 bulb
- ☐ Carrots: 8
- ☐ Cabbage: 1 head
- ☐ Parsley: 1 bunch
- ☐ Restock Pantry Essentials!

FOOD PREPARATION

- ☐ Baked chicken breasts
- ☐ Turkey-stuffed cabbage
- ☐ Fish stew
- ☐ Steamed leafy greens: 3 servings
- ☐ Steamed vegetable 3 servings
- ☐ Roasted vegetable: 3 servings
- ☐ Sautéed vegetables
- ☐ Marinara
- ☐ Vinaigrette

MONDAY

Breakfast: Egg white omelet ⊕ Sautéed vegetables
Lunch: Turkey-stuffed cabbage ⊕ Marinara ⊕ Steamed vegetable
Dinner: Fish stew ⊕ Leafy greens ⊕ Chopped raw vegetables ⊕ Vinaigrette

TUESDAY

Breakfast: Fat-free cottage cheese ⊕ Sautéed vegetables
Lunch: Chicken breast ⊕ Steamed leafy greens
Dinner: Turkey-stuffed cabbage ⊕ Marinara ⊕ Roasted vegetable

WEDNESDAY

Breakfast: Egg white omelet ⊕ Sautéed vegetables
Lunch: Fish stew ⊕ Leafy greens ⊕ Chopped raw vegetables ⊕ Vinaigrette
Dinner: Chicken breast ⊕ Steamed vegetable

THURSDAY

Breakfast: Fat-free cottage cheese ⊕ Sautéed vegetables
Lunch: Turkey-stuffed cabbage ⊕ Marinara ⊕ Steamed vegetable
Dinner: Fish stew ⊕ Roasted vegetable

FRIDAY (Prepare Beef Roast in AM!)

Breakfast: Egg white omelet ⊕ Sautéed vegetables
Lunch: Chicken breast ⊕ Leafy greens ⊕ Chopped raw vegetables ⊕ Vinaigrette
Dinner: Beef roast ⊕ Steamed leafy greens

SATURDAY

Breakfast: Free Meal
Lunch: Free Meal
Dinner: Free Meal

SUNDAY

Breakfast: Fat-free cottage cheese ⊕ Sautéed vegetables
Lunch: Beef roast ⊕ Steamed leafy greens
Dinner: Chicken breast ⊕ Roasted vegetable

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FLASH Diet: Meal Plan, Week 2

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On Sunday, shop for the entire week and use the cooking techniques provided in the Ideal Weight Program content to prepare all your meals. Combine the food you have prepared into meals according to the weekly plan.

SHOP

- ☐ Eggs: 2 dozen
- ☐ Chicken breasts: 4
- ☐ Ground beef: ~1.5lb
- ☐ Beef stew meat: ~1.5lb
- ☐ Fish fillets: 3
- ☐ Fat-free cottage cheese
- ☐ Dark leafy greens: (kale, spinach, chard) 2 varieties, 6 servings
- ☐ Steaming / roasting hard vegetables: (beets, cauliflower, broccoli) 2 varieties, 6 servings
- ☐ Sautee vegetables: (peppers, asparagus, zucchini, eggplant) 2 varieties, 5 servings
- ☐ Celery: 1 bunch
- ☐ Eggplant: 1
- ☐ Squash & zucchini: 2 of each
- ☐ Carrots: 4
- ☐ Cabbage: 1 head
- ☐ Tomatoes: 4
- ☐ Jalapeños: 2
- ☐ Green onions: 1 bunch
- ☐ Parsley: 1 bunch
- ☐ Cilantro: 1 bunch
- ☐ Lemon: 1
- ☐ Restock Pantry Essentials!

FOOD PREPARATION

- ☐ Baked chicken breasts
- ☐ Beef meatloaf
- ☐ Poached fish
- ☐ Steamed leafy greens: 3 servings
- ☐ Steamed vegetable: 3 servings
- ☐ Roasted vegetable: 3 servings
- ☐ Sautéed vegetables
- ☐ Chunky vegetable soup
- ☐ Salsa

MONDAY

Breakfast: Egg white omelet ⊕ Sautéed vegetables
Lunch: Beef meatloaf ⊕ Chunky vegetable soup
Dinner: Poached fish ⊕ Roasted vegetable

TUESDAY

Breakfast: Egg white omelet ⊕ Sautéed vegetables
Lunch: Beef meatloaf ⊕ Steamed vegetable
Dinner: Poached fish ⊕ Chunky vegetable soup

WEDNESDAY

Breakfast: Fat-free cottage cheese ⊕ Salsa
Lunch: Chicken breast ⊕ Steamed leafy greens
Dinner: Beef meatloaf ⊕ Steamed vegetable

THURSDAY

Breakfast: Egg white omelet ⊕ Sautéed vegetables
Lunch: Poached fish ⊕ Chunky vegetable soup
Dinner: Chicken breast ⊕ Roasted vegetable

FRIDAY (Prepare beef stew in AM!)

Breakfast: Fat-free cottage cheese ⊕ Salsa
Lunch: Chicken breast ⊕ Steamed vegetable
Dinner: Beef stew ⊕ Steamed leafy greens

SATURDAY

Breakfast: Free Meal
Lunch: Free Meal
Dinner: Free Meal

SUNDAY

Breakfast: Fat-free cottage cheese ⊕ Salsa
Lunch: Beef stew ⊕ Steamed leafy greens
Dinner: Chicken breast ⊕ Roasted vegetable

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FLASH Diet: Meal Plan, Week 3

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On Day 1, shop for the entire week and use the cooking techniques provided in the Ideal Weight Program content to prepare all your meals. Combine the food you have prepared into meals according to the weekly plan.

SHOP

- ☐ Eggs: 2 dozen
- ☐ Chicken breasts: 4
- ☐ Ground beef: ~1.5lb
- ☐ Beef roast meat: ~1.5lb
- ☐ Fish fillet, mussels, scallops: 3 servings
- ☐ Fat-free Greek yogurt
- ☐ Dark leafy greens: (kale, spinach, chard) 2 varieties, 6 servings
- ☐ Steaming / roasting hard vegetables: (beets, cauliflower, broccoli) 2 varieties, 6 servings
- ☐ Sautee vegetables: (peppers, asparagus, zucchini, eggplant) 2 varieties, 5 servings
- ☐ Celery: 1 bunch
- ☐ Fennel: 1 bulb
- ☐ Carrots: 8
- ☐ Cabbage: 1 head
- ☐ Parsley: 1 bunch
- ☐ Fruit: 2 varieties, 12 servings
- ☐ Restock Pantry Essentials!

FOOD PREPATION

- ☐ Baked chicken breasts
- ☐ Beef meatballs
- ☐ Fish stew
- ☐ Steamed leafy greens: 3 servings
- ☐ Steamed vegetable: 3 servings
- ☐ Roasted vegetable: 3 servings
- ☐ Sautéed vegetables
- ☐ Marinara
- ☐ Vinaigrette

MONDAY

Breakfast: Two whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Beef meatballs ⊕ Marinara ⊕ Leafy greens ⊕ Chopped raw vegetables ⊕ Vinaigrette
Dinner: Fish stew ⊕ Roasted vegetable ⊕ Fruit

TUESDAY

Breakfast: Two whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Beef meatballs ⊕ Marinara ⊕ Steamed vegetable
Dinner: Fish stew ⊕ Leafy greens ⊕ Chopped raw vegetables ⊕ Vinaigrette ⊕ Fruit

WEDNESDAY

Breakfast: Fat-free Greek yogurt ⊕ Fruit
Lunch: Chicken breast ⊕ Steamed leafy greens
Dinner: Beef meatballs ⊕ Marinara ⊕ Steamed vegetable ⊕ Fruit

THURSDAY

Breakfast: Two whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Fish stew ⊕ Leafy greens ⊕ Chopped raw vegetables ⊕ Vinaigrette
Dinner: Chicken breast ⊕ Roasted vegetable ⊕ Fruit

FRIDAY (Prepare Beef Roast in AM!)

Breakfast: Fat-free Greek yogurt ⊕ Fruit
Lunch: Chicken breasts ⊕ Steamed vegetable
Dinner: Beef roast ⊕ Steamed leafy greens ⊕ Fruit

SATURDAY

Breakfast: Free Meal
Lunch: Free Meal
Dinner: Free Meal

SUNDAY (Leftovers & Shop & Preparation Day)

Breakfast: Fat-free Greek yogurt ⊕ Fruit
Lunch: Beef roast ⊕ Steamed leafy greens
Dinner: Chicken breast ⊕ Roasted vegetable ⊕ Fruit

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FLASH Diet: Meal Plan, Week 4

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On Sunday, shop for the entire week and use the cooking techniques provided in the Ideal Weight Program content to prepare all your meals. Combine the food you have prepared into meals according to the weekly plan.

SHOP

- ☐ Eggs: 2 dozen
- ☐ Chicken breasts: 4
- ☐ Ground turkey: ~1.5lb
- ☐ Beef stew meat: ~1.5lb
- ☐ Fish fillets: 3
- ☐ Fat-free Greek yogurt
- ☐ Dark leafy greens: (kale, spinach, chard) 2 varieties, 6 servings
- ☐ Steaming / roasting hard vegetables: (beets, cauliflower, broccoli) 2 varieties, 6 servings
- ☐ Sautee vegetables: (peppers, asparagus, zucchini, eggplant) 2 varieties, 5 servings
- ☐ Celery: 1 bunch
- ☐ Carrots: 10
- ☐ Squash & zucchini: 2 of each
- ☐ Carrots: 10
- ☐ Cabbage: 1 head
- ☐ Tomatoes: 4
- ☐ Jalapeños: 2
- ☐ Green onions: 1 bunch
- ☐ Parsley: 1 bunch
- ☐ Cilantro: 1 bunch
- ☐ Lemon: 1
- ☐ Fruit: 2 varieties, 12 servings
- ☐ Restock Pantry Essentials!

FOOD PREPARATION

- ☐ Baked chicken breasts
- ☐ Turkey meatloaf
- ☐ Poached fish
- ☐ Steamed leafy greens: 3 servings
- ☐ Steamed vegetable: 3 servings
- ☐ Roasted vegetable: 3 servings
- ☐ Sautéed vegetables
- ☐ Pureed vegetable soup
- ☐ Salsa

MONDAY

Breakfast: Two whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Turkey meatloaf ⊕ Pureed vegetable soup
Dinner: Poached fish ⊕ Roasted vegetable ⊕ Fruit

TUESDAY

Breakfast: Two whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Turkey meatloaf ⊕ Steamed vegetable
Dinner: Poached fish ⊕ Pureed vegetable soup ⊕ Fruit

WEDNESDAY

Breakfast: Fat-free Greek yogurt ⊕ Fruit
Lunch: Chicken breast ⊕ Steamed leafy greens
Dinner: Turkey meatloaf ⊕ Steamed vegetable ⊕ Fruit

THURSDAY

Breakfast: Two whole egg omelet ⊕ Sautéed vegetables ⊕ Fruit
Lunch: Poached fish ⊕ Pureed vegetable soup
Dinner: Chicken breast ⊕ Roasted vegetable ⊕ Fruit

FRIDAY (Prepare beef stew in AM!)

Breakfast: Fat-free Greek yogurt ⊕ Fruit
Lunch: Chicken breast ⊕ Steamed vegetable
Dinner: Beef stew ⊕ Steamed leafy greens ⊕ Fruit

SATURDAY

Breakfast: Free Meal
Lunch: Free Meal
Dinner: Free Meal

SUNDAY

Breakfast: Fat-free Greek yogurt ⊕ Fruit
Lunch: Beef stew ⊕ Steamed leafy greens
Dinner: Chicken breast ⊕ Roasted vegetable ⊕ Fruit

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