

Jari Love's ON DEMAND Meal Plan WOMEN

DAY 1

Breakfast

1 piece whole wheat bread (toasted)
6 egg whites, mixed with
1/2 green pepper and 1/2 tomato

Morning Snack

1/2 apple with
1 tbsp all natural peanut butter
10 unsalted raw almonds

Lunch

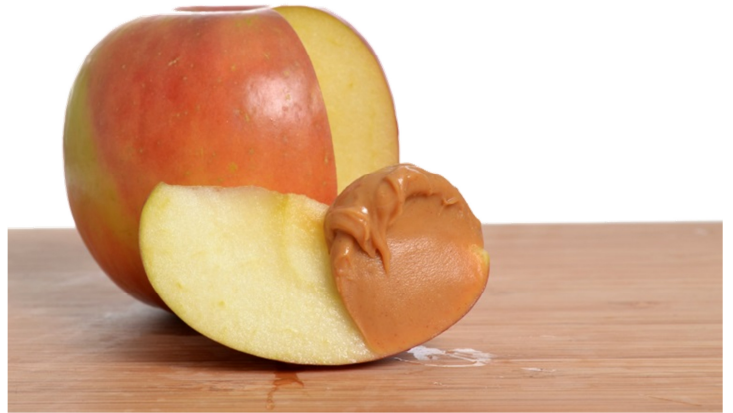
5 cups coleslaw with
2 tbsp low-fat mayo
4 oz chicken breast on the side

Afternoon Snack

5 cups salad with
2 oz grilled chicken breast
2 oz fresh salsa

Dinner

4 oz poached chicken breast on top of
3.5 oz spaghetti squash and mix with
1/2 cup of low sugar tomato sauce



Total Day Calories: 1206

Drink plenty of water!

DAY 2

Breakfast

1/3 cup oatmeal (dry measurement)
1/2 banana sliced on top
1 single scoop protein powder
1/2 cup skim milk

Morning Snack

5.5 oz tuna or 7 oz shrimp with
1 sm (4 in diameter) whole wheat pita bread
2 tbsp of low-fat mayo with
1/2 onion diced and
1/2 cup of diced celery

Lunch

6 egg whites with
1/2 onion chopped and
4 celery stalks chopped mixed with
2 tbsp low-fat mayo and put in
1/2 whole wheat pita bread

Afternoon Snack

20 unsalted raw almonds
3.5 oz non-fat cottage cheese

Dinner

1 cup ground chicken breast mixed with
1/2 cup tomato sauce and
1/2 onion chopped with
1 red pepper chopped
7 asparagus steamed or grilled

Total Day Calories: 1454

Drink plenty of water!



DAY 3

Breakfast

5 egg whites with
2 cups cut spinach (wilted with egg whites)
cooked together with
1 green pepper and tomato
Serve in
1/2 whole wheat pita bread

Morning Snack

3 oz chicken breast with
1 cup of California steamed vegetable mix



Lunch

3.5 oz lean ground bison mixed with
1/3 cup cooked brown rice and
1 cup broccoli steamed

Afternoon Snack

Tuna in a meal, no crackers

Dinner

5 cups chopped lettuce with
1 diced tomato,
1/2 cucumber and green onion mixed with
2 tbsp calorie wise dressing
4 oz chicken breast sliced on top
2 oz fresh salsa

Total Day Calories: 1201

Drink plenty of water!

DAY 4

Breakfast

1.5 oz Shredded Wheat (dry measurement)
1 single scoop protein powder
1/2 cup skim milk

Morning Snack

1 can tuna (drained) with
1 tbsp low-fat mayo and
1/4 onion and 1/2 cup celery chopped,
mix and put on
3 whole grain Ryvita crackers

Lunch

4 oz turkey with
1 cup of steamed broccoli
1/2 cup of quinoa

Afternoon Snack

1 quest low carb protein bar
1 cup raspberries

Dinner

5 oz grilled shrimp with
5 cups salad
1 tomato, 1 red pepper, 1/2 onion and
2 tbsp vinaigrette dressing



Total Day Calories: 1490

Drink plenty of water!

DAY 5

Breakfast

1/3 cup oatmeal (dry measurement)
4 egg whites
1/2 tsp stevia, sprinkle with cinnamon and
cook in the microwave and add
1/2 cup skim milk

Morning Snack

1 scoop whey powder with water and
1/2 cup of raspberries with
1 tbsp of ground flaxseed with psyllium husk

Lunch

1/2 cup steamed brown rice with
3 oz chicken breast and
1/2 cup mixed vegetables

Afternoon Snack

4 oz shrimp
20 unsalted raw almonds

Dinner

3.5 oz chicken breast or 4 oz turkey breast
6 oz green beans
1/2 cup diced carrots steamed

Total Day Calories: 1228

Drink plenty of water!



DAY 6

Breakfast

1/3 cup All-Bran buds
1 single scoop protein powder
1/2 cup almond milk

Morning Snack

Tuna in a meal, no crackers
1 apple

Lunch

1/2 cup cooked brown rice mixed with
3.5 oz chicken breast and
7 asparagus steamed or grilled

Afternoon Snack

3.5 oz non-fat cottage cheese
1/2 cup mixed raw vegetables with salt & pepper
20 unsalted raw almonds

Dinner

4 oz salmon on top of
3 cups spinach salad with
2 medium strawberries and
1 red pepper
1 tomato
1 tbsp slivered almonds (toasted) with
2 tbsp of vinaigrette dressing

Total Day Calories: 1488



Drink plenty of water!

DAY 7

Breakfast

1/3 cup oatmeal (dry measurement)
4 egg whites
1/2 tsp stevia, sprinkle with cinnamon and
cook in the microwave and add
1/2 cup skim milk

Morning Snack

1 single scoop whey protein
mixed with water and add
1 tbsp flaxseed and psyllium husk
10 unsalted raw almonds

Lunch

3.5 oz chicken breast with
1 cup mixed steamed vegetables mixed with
1/2 cup cooked brown rice
4 tbsp of fresh salsa and mix together

Afternoon Snack

1/4 cup black beans with
2 oz fresh salsa on top of
4 oz shrimp

Dinner

4 oz turkey breast with
5 oz mixed cabbage and broccoli slaw with
1/2 onion and
2 tbsp of low-fat mayo

Total Day Calories: 1242

Drink plenty of water!

