

WELCOME

Congratulations on your decision to take your training to the next level with AX-2, the ATHLEAN X-TREME™ Training System!

In AX-1, you were exposed to an entirely new way to train, recover and eat for maximum results in a 90 day period. Among many things, you learned that not only is “bulking” and “cutting” an archaic training approach...but a complete waste of time...when you can build athletic lean muscle and get ripped simultaneously by following the science based ATHLEAN-X training and nutrition principles.

My goal in creating AX-2, ATHLEAN X-TREME™, was to not only build even further on these principles to etch them even deeper into your training DNA but to take them, as promised, to the next level...where “X-treme” results are possible.

As always, nutrition is a large part of that equation. In fact, when you’re working out as intensely as you are going to be over these next 90 days, getting it right behind the plate becomes even more imperative. To ensure that you do, you’ll recognize a new helpful customization tool to compliment the already effective “X-Factor Meal Plans” you’ve come to rely on for simplified eating. This time around, the “LEAN” and “X-TREME” classifications step in to provide an even faster and focused path to burning or building...should your goals point directly at one.

Guiding the way as always, are my “ATHLEAN AXIOMS”. Don’t worry, this is no dictatorship, but rather my sincere and strong recommendations to get you locked in for life on your nutrition, based on the results of thousands of hours of research and plain old trial and error. The AXIOMS are in place to give you the best way to utilize this nutrition plan of attack so that it actually WORKS for you! Nothing drives me more nuts than meal plans that are just totally unrealistic and impossible to follow for the long haul!

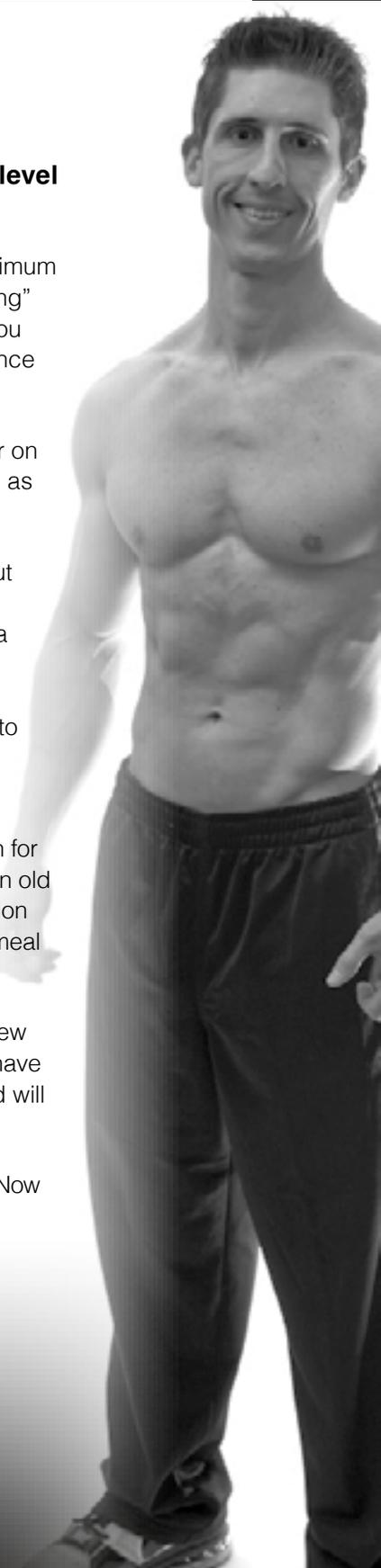
That said, once again, you won’t find any 7-course meals here! In fact, even the new “recipes” we’ve included (based on what YOU and the rest of “TEAM ATHLEAN” have asked for) will never require you to be the next food network star to make them and will take less than 10 minutes to prepare! Now that’s eating efficiency!

Let’s face it...with ATHLEAN-X™, you’ve discovered a brand committed to X-celence. Now it’s time to put yourself to the latest test we’ve laid out for you. It’s time to get “X-TREME”!

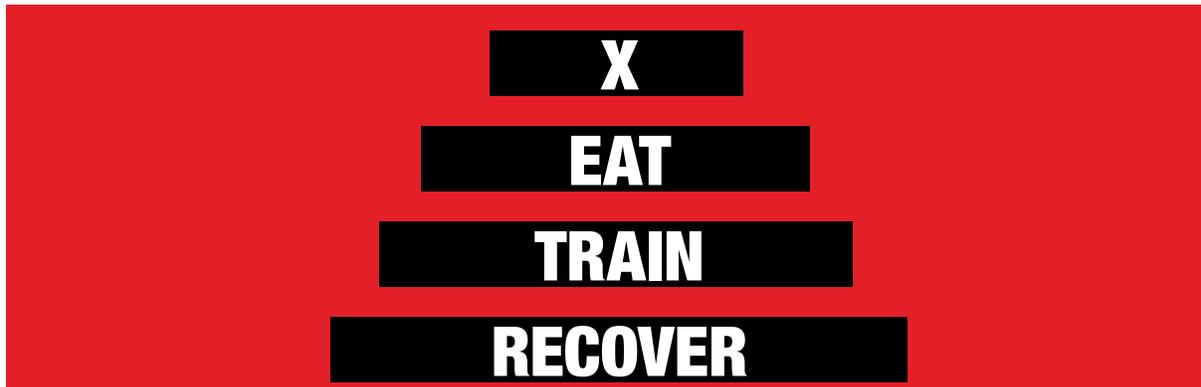
Stay Strong,



Founder/Creator of ATHLEAN-X™ Training Systems



THE ATHLEAN PYRAMID



YOUR ATHLEAN BODY

You've all heard of food pyramids. The USDA food pyramid. The Mayo Clinic food pyramid. The Vegan food pyramid. The Egyptian food pyramid. etc., etc., etc. Enough already! All these pyramids do is mislead and confuse. Getting ripped and muscular through proper eating doesn't have to be that complicated. To illustrate this, I figured I would enter the world of food pyramids with my own ATHLEAN Pyramid! Let me explain.

THE X STANDS FOR YOUR X FACTOR.

Are you starting with the necessary motivation to make a change in your body? Are you finally sick of not being able to put on the muscle that you have always wished you could? Are you determined to follow a step-by-step path to your new body...with everything clearly laid out for you? Are you ready to change your body more in the next 90 days than you have in the last 3 years? If you've answered "YES" to these questions...then you've got the "X" Factor!

EAT

The purpose of this meal plan guide is to show you how to eat for fat loss and muscle growth. However, more than just that...it is intended to show you how to eat realistically! Let's face it...most guys aren't going to want to start eating tofu and salads to get a six-pack! It's just not worth it. Instead, in this program, you are actually encouraged to eat...and eat real food...and lots of it!

TRAIN

By choosing the ATHLEAN X-TREME 90 Day Training System, you have by far chosen the best program for adding lean muscle in record time! This proven system is the exact same one used by many of today's top professional athletes and celebrities to get "that look" you've long wished for.

THE ATHLEAN PYRAMID

RECOVER

With your intense, muscle building exercises that you will be doing over the next 90 days, it becomes crucial that you are not only eating well, but recovering also! Aim for 7 hours of sleep a night to give your body the best ability to recuperate and restore your energy levels to allow for yet another results producing workout every time you step into the gym. Keep your eye on the prize and don't shortchange your efforts in the weight room by ignoring the equally important time spent away from the iron...where your body really goes to work on building a "new" you!

FINALLY...THE ATHLEAN BODY IS YOURS!

With everything else in place, you have no choice but to get that "ATHLEAN" BODY you've always wanted! It is that simple. Just follow along with this "Done For You" body transformation program and you will be looking at a new person in the mirror in a short 90 days from now! No more need to get lost in pyramids that don't work! Put the ATHLEAN Pyramid to work for you now!

THE ATHLEAN AXIOMS

As promised...here are your rules to eat by for the 90-Day Meal Plans. As I said, don't worry...I'm not out to make this impossible or to drown you in the fine print. On the contrary. My rules are going to be brief, will add clarity, and will hopefully make this way of eating even better than you ever could have imagined. All without the unnecessary work that most other "meal plans" would require of you! Now without any further delay...let's get started!

1. CUT OUT THE CALORIE COUNTING!

That's right. Forget counting calories. Forget measuring things. Forget wasting your time worrying about all this stuff. Why? It's really not necessary. The minute I get my clients to believe in this concept, it's like a light bulb goes off and everything else becomes easy. Let me ask you a question. Would you rather look more muscular and ripped or would you like to know how many calories a day you consume? Seriously. I'm sure there are still some stubborn guys out there that would say "the calories" but that's just because old habits and conventional wisdom die hard. I'm telling you that you don't need to know specific calories as long as the food choices you are making are good ones. This program revolves around making good food choices...and then letting you eat as much of those foods as you'd like. You will get full on this meal plan before you get fat! That is my promise. Take all the unnecessary math out of the picture here and instead concentrate on improving your food choices and you will be much more successful on this eating plan than any one you've ever followed before.

2. IF YOU DON'T LIKE SOMETHING...DON'T EAT IT!

I know this should probably go without saying, but if you really don't like something that is suggested on a given day in the meal plans...by all means, don't eat it. There are too many meals spread out over the next 90 days (540 to be exact) for me to have nailed every one for everybody! That said by the way...this is why most meal plans are garbage. They make you feel as if they suggest you eat oatmeal in the morning for breakfast, and you don't eat it because it just so happens that you HATE OATMEAL, then you won't get good results! Nonsense! If you don't like oatmeal, don't have it. Feel free to substitute any other breakfast meal that I have on here within the next 90 days and you will be fine. Some of you out there will lock in on 2 or 3 breakfasts that you like and that's it. That's fine. Stick to what works for you and you will get better results than you ever would following one of those rigid meal plans!

3. SUPPLEMENTS CAN BE A SAVIOR!

Are supplements necessary? Not always. But when it comes to adding muscle and burning fat, it is imperative that you continue to supply your body with good calories every two and a half to three hours to keep your muscle building factory in full operation! The convenience of protein bars and shakes cannot be understated. I have personally used the portability of these foods to my advantage (both with myself and my clients) to produce the most muscular, ripped body you can expect to get naturally. The fact that I can throw a protein bar in my pocket and not have to worry about where my next meal is going to come from is huge. If I had to rely on whole foods all the time for my much-needed calories, I might look like a traveling Tupperware party! Not necessary. Shakes work better for you? Not a problem. Invest in a \$2 shaker bottle and load it

THE ATHLEAN AXIOMS

(CON'T.) with your meal replacement or protein powder before you leave the house in the morning and all you need to do is add water later in the day when you need it...and you're all set! As far as which brand I suggest...I have to admit, this is where I was as confused at what to take as you may feel at times. So many supplements, so many underdelivering. So I set out to create my own and now I proudly use them every day and they have become the only thing I recommend to my athletes. The ATHLEAN-Rx supplement series is everything your muscles need and nothing they don't...exactly at the times they need it. With just one preworkout, one you take within 45 minutes following your hard A-X workout, and one just before bed...it couldn't be any simpler. Throw in the fact that I can vouch personally for everything that goes in them and the safety of them (they are NSF approved products - the gold standard of the industry) and you can be confident in your choice if you decide to take what I use. That being said, again, taking supplements is a personal preference. For me the convenience and peace of mind knowing that I'm getting everything I need to support my hard workouts is perfect. For you maybe not. Either way, whatever you decide...decide what is right for YOU. Great results await you either way!

4. MAKE SURE YOU EAT EVERY 2 1/2 TO 3 HOURS!

As I just alluded to in the last rule, it is crucial that you get some good food into your system every 2 1/2 to 3 hours. Not only will this keep your blood sugar levels stable (which will curb your fat storage and keep your energy levels up throughout the day), but it will prevent you from wanting to overeat or binge at your next meal when the last meal you ate was 6 hours ago!

5. A FAILURE TO PREPARE IS PREPARING TO FAIL!

Now I know that as guys, most of us aren't exactly Julia Child in the kitchen. But that is ok, and it certainly doesn't have to stop us. It might be a bit of a stretch to think that we are actually going to prepare food each and every day. Probably not going to happen. But what you can do to make this all much easier is to pick one day where you prepare a bulk portion of what you would like to eat throughout the week (either for lunches or dinners or both). For example, feel like having grilled chicken wraps for lunch and variations of it for dinner throughout the week? Grill a bunch of them up on a Sunday and then just store them in a plastic container or bag in the fridge and go to them as you need them. Make it once...use it often!

6. OLD GEORGE CAN BE YOUR BIGGEST FRIEND!

As a continuation of the last rule, always try and make your life as easy as possible. If you're like most men (heck...like most of the world by now) you probably have an old George Foreman grill lying around somewhere. Use it! It is super simple and makes food preparation (not only chicken but also beef, vegetables, pork, etc.) a snap. Simply plug the thing in...let it heat up...lay down what you want to cook on it and close the lid. It couldn't get any easier...and for us busy guys...that's just the way we like it!

7. ELIMINATE THE SWEETS!

I know this one might be hard for some of you, but if you really want to get your very own 6 pack then you are going to have to work with me here. If you are a habitual sweets eater, stop! Not only are these foods often loaded with tons of fat, calories and sugar...but they are worse,

THE ATHLEAN AXIOMS

what we would call “empty calories”. This means that these foods do NOTHING for helping your muscles repair themselves and grow larger. They do nothing to fuel your metabolism. They do nothing to give you more useable energy. Really...they do NOTHING! Follow the pattern here yourself and have NOTHING to do with them, if building the best body you can is your goal.

8. GET YOUR FILL OF FIBER

One of the most underrated nutrients when it comes to building a leaner, more muscular body is fiber. Sometimes, the muscleheads will talk of nothing but protein...as if it's the Holy Grail of muscle. And while it certainly does play a role in helping you to grow stronger, fiber is one element of your food that you're going to want to increase in order to get your biceps to bulge while your waistline gets shredded. Fiber leads to a feeling of fullness. It's the bulk associated with foods like broccoli, salads, squash, asparagus, carrots, etc. that fills the stomach and makes you feel less like you want to drop by a Burger King and try one of everything on the menu! When you combine this with the frequent eating (every 2 ½ to 3 hours) you have a lethal one-two punch that should leave your body fat shaking (or jiggling) knowing its days are numbered!

9. WATER WATER ALL THE TIME!

I'm sure you've heard how valuable water is, both to keeping you feeling full...but also to keeping you 6 feet above those that won't drink it (that's the grave for those who haven't figured out my sick, but true, sense of humor yet!). In fact, getting at least half of your body weight in ounces of water each day is crucial to building bigger muscles! A muscle without water is like solar generator without sun...neither one of them is likely to work. That said, the best way to get a head start on this hydration race is to drink 24 ounces of water immediately upon waking. After sleeping for the last 7 hours or so, your body is craving to be rehydrated. So give it what it wants. Keep a 12 ounce glass at your bathroom sink and chug two of them right after brushing your teeth in the morning. You'll be well on your way to getting your recommended daily amount by simply following that up with a bottle of water at every one of your six meals thereafter!

10. SOMETIMES...ALMOST IS GOOD ENOUGH

You have to look at the big picture here. If you are eating the way I suggest you do then you will be eating 6 times a day 7 days a week. That comes out to 42 total meals a week. Now, do you have to eat perfectly every single time? I'm not going to lie. No. If you were to eat say, 37 meals on point but slipped up just a bit on 5 of them, you would be doing just fine. The closer you get to a perfect 42 for 42, the quicker you will see those last few inches drop from your waste...and that 4 pack you're sporting may turn into the 6 pack you've wanted! The whole idea is this. Take these meal plans and use them as either a nutrition bible, where you follow every single meal to the letter, day by day, if that is what you feel will get you on track and ensure your success. If you instead are just looking for a “guideline” for how to eat and have been unsure of how to structure your meals (either in food choices or meal timing), then let these 90 days serve as a detailed example that will give you even more ideas that you can adapt to fit your needs. Either way, use these meal plans hand in hand with your ATHLEAN-X Training System and in just 90 days from now...look bigger, more ripped, and feel healthier and better than you have at any point in your life! Guaranteed.

NEW FOR AX-2

The ATHLEAN-X Factor Meal Plan is the award winning meal plan responsible for getting thousands of men worldwide in the best shape of their lives allowing them to build ripped lean muscle in no time at all. The power of this meal plan lies in it's simplicity and ease of use.

WHAT GOOD IS A MEAL PLAN IF YOU CAN'T STICK TO IT FOR LIFE?

With that said we have given you even more options to allow you to achieve even faster more extreme results!

For AX-2, ATHLEAN X-TREME™ we've broken meals down into three categories:

BASIC

These are your everyday meals. It's what I eat year round day in and day out. Sticking to these meals will allow you to build the lean muscle you want all while stripping off fat. All the meals laid out in the X-Factor Meal Calendar are basic meals.

LEAN

Lean Meals are meals designed to accelerate fat loss for people who are coming into the program with a higher body fat level. That said, eating solely Lean Meals is not advised for building muscle. We will show you how to integrate.

X-TREME

X-treme Meals are for guys who are looking to pack on muscle fast! These meals are more calorically dense and designed to fuel the muscle building process. If you find it hard to pack on muscle or consider yourself a hard gainer than these meals are for you. Be warned. If you are not lean by nature these meals can affect your ability to get lean.

HOW TO USE THE MEAL PLAN

You can follow the X-Factor Meal Plan calendar as it is written and get amazing results. We've included dozens of new meals to keep it interesting and exciting. You can also tap into the incredible meals included with the Ultimate Men's Menu for even more variety.

WHAT'S YOUR GOAL?

■ ACCELERATED FAT LOSS:

If you're looking to accelerate your fat loss simply replace 3 meals (and/or snacks) each day from the calendar with any meals located in the Lean Category.

■ MUSCLE PACK

If you're looking to pack maximum muscle onto your frame then simply replace any 3 meals (and/or snacks) each day from the calendar with any meals in the X-treme category.

■ MAKE IT LEAN

If you want even more variety you can customize any meal and make it lean by removing one of the starches. Simply use the color coding system located at the bottom of the meal plan to identify the starchy carb.

■ MAKE IT X-TREME

Want to make it X-treme? You can take any meal from the X-Factor Meal Plan and add a protein shake made with skim milk and ATHLEAN-Rx2 X-LR8 or another quality protein powder of your choice.

WARNING

You can mix and match Lean Meals and Basic Meals however you see fit but be aware that meals and snacks marked as X-treme are very dense. If you're not a naturally lean person eating them too frequently will affect your ability to get lean.

LEAN MEALS

BREAKFAST

OATMEAL POWER SHAKE

Make with 12 ounces skim milk, 1/4 cup oats, banana, strawberries, and 1 scoop X-LR8 or plain yogurt

High Grade Omega-3's

BREAKFAST SMOOTHIE

Make with 2 cups of skim milk, 1/2 banana, fresh strawberries and 1 scoop X-LR8 or Vanilla Greek Yogurt

High Grade Omega-3's

SMASHED EGGS

Hardboil 4 or 5 eggs. Peel and remove the yolks. Mash up with some salt and pepper and nonfat butter spray.

SNACKS

PROTEIN BAR

Suggestions include EAS Carb Sense, Pure Protein or 2:1 Bars

HARDBOILED SHOOTERS

Drip tabasco sauce in the divot of a hardboiled egg that's had the yolk removed.

BIT 'O' HONEY

Plain Greek Yogurt with honey and almonds

BANANA CREAM

Fat Free Cottage Cheese mashed w/ 1 ripe banana

MOO MOO MANGO

Sliced Mango, Laughing Cow Cheese

A FISH A DAY

Can of Tuna with Sliced Apple

CHEEZY BERRY

Cottage Cheese with sliced berries

BERRY BLITZ

12 ounce glass of Skim or 1% Milk and a Small Banana or Berries

LEAN MEALS

LUNCH

ORIENT X-PRESS

Sashimi over Brown Rice w/ Edamame
Light Soy Sauce

THE GREEN SEA

Mixed Green Salad with Grilled Salmon, lemon, and black pepper

Grilled Chicken on Whole Wheat Wrap with Portobello Mushrooms and Sun Dried Tomatoes

CHICKEN ITALIA WRAP

RUSTIC TUNA WRAP

Canned Tuna (in water) on a Whole Wheat Pita with Lemon, Capers, Onions, Olives, Extra Virgin Olive Oil, Salt, Pepper

Mixed Green Salad with Grilled Chicken, Pineapple, and Orange Slices

CITRUS SALAD

SWISS BLISS WRAP

Egg White and Pepper Omelet on a Whole Wheat Wrap with Fat Free Swiss Cheese

DINNER

POPEYE TUNA

Grilled Ahi Tuna Steak, Sauteed Spinach

THE ASIAN SWORD

Grilled Swordfish Steak (w/ teriyaki drizzle) and Sauteed Broccoli

“SOLE” SURFER

Lemon Filet of Sole Wilted Garlic Spinach Brown Rice

SHAKE N' BAKE CHICKEN

Baked Chicken Breast w/ Crushed Corn Flakes Crust

SOUR POWER CHICKEN

Lemon Grilled Chicken w/ Grilled Vegetable Mix

SPRING IN YOUR STEP ROLLS

Wrap diced grilled chicken, tomatoes and diced onions and sprouts in a leaf of romain lettuce

Mixed Grilled Veggies

NIGHTTIME SNACKS

OPA! Greek Yogurt

BANANA SPLIT

BERRIE'S N BONES

12oz glass of Skim Milk with Fresh Mixed Berries

Cut a banana in half length wise. Top with Sugar Free Whipped Cream and 3 or 4 crushed almonds.

X-TREME MEALS

BREAKFAST

THE ONE-TWO PUNCH BREAKFAST

Whole Wheat Waffles w/ fresh blueberries and fat free cool whip

Protein Shake (skim milk and 1 scoop X-LR8 or whey powder)

High Grade Omega-3's

"LETTUCE FREE" BLT

Scrambled Egg Whites + 1 Whole Egg + Tomato

Turkey Bacon

Whole Wheat Toast

Glass of Skim Milk

High Grade Omega-3's

BREAKFAST BURRITO

Make with 1 Whole Wheat Tortilla with Ham, 1 Egg, 3 Egg Whites, Low Fat Cheddar or Swiss Cheese, Salsa

FRENCH TOAST

Whole Wheat French Toast (dipped in egg beaters)

Sugar Free Maple Syrup

Glass of Skim Milk

High Grade Omega-3

ATHLEAN STAX PROTEIN PANCAKES

Make with 1 Scoop of X-LR8 Protein Powder, 20g Rolled Oats, 1 Egg, 2 Egg Whites - Blend and pan fry with PAM cooking spray

High Grade Omega-3's

STEAK N' EGGS

Grilled Sirloin Steak and Eggs (mix 1 whole egg with 3-4 whites)

Whole Wheat Toast and Sliced Tomatoes

EGGS BENEDICT

English Muffin topped with Canadian Bacon and sunny side up egg. Have two if you're feeling X-tra hungry!

ALMOND JOY OATMEAL

Prepare Oatmeal as usual. Mix in small amount of shredded coconut and 8-10 dark chocolate chips.

APPLE PIE OATMEAL

Prepare Oatmeal as usual. Mix in sliced apples, pecans and cinnamon.

X-TREME MEALS

SNACKS

"ATHLEAN SUPREME" RECOVERY SHAKE

ReconstruXion Shake: Blend RX3 ReconstruXion with 6-8oz of skim milk, crushed ice, a banana and sugar free hot coca mix. Top off with sugar free whipped cream

BANANA-BUTTER SANDWICH

Peanut butter sandwich with sliced banana

WALNUTS AND APRICOTS

Mix equal parts Walnuts and Dried Apricots in a Ziploc bag

SOUP N' STRINGS

Minestrone Soup with two pieces of Low Fat String Cheese

OIL POPPED POPCORN

PEPPERONI BITES

Chip sized pieces of Turkey Bacon baked on a baking sheet at 350 degrees for 10-15 minutes

TURKEY JERKY or OSTRIM

HUMMUS TWIST

Pretzels and Hummus

LUNCH

PHILLY STEAK N' CHEESE

Grilled Flank Steak on a Whole Wheat Wrap with Onions, Peppers, and Low Fat Mozzarella Cheese

THE SWISS GOBBLER

Turkey Burger w/ Onions, Lettuce, Tomato, and Fat Free Swiss Cheese Fat Free Yogurt

PB&J CLASSIC

Peanut Butter and Jelly Sandwich on Whole Wheat

ZUCCHINI PIZZAS

Make on baking sheet. Cut Zucchini lengthwise add Tomato Sauce, Low Fat Mozzarella Cheese, Oregano and Turkey Pepperoni. Bake for 20-25 minutes until edges are brown

BRUSCHETTA

Sliced Tomatoes, Sliced Fresh Low Fat Mozzarella, drizzled with Olive Oil, with a wedge of French Bread

CITRUS PASTA POLLO

Pasta Salad with Citrus Grilled Chicken tossed with Low-Fat Vinagrette

STEAK ALMONDINE

Grilled steak, Green Beans w/ Slivered Almonds, Brown Rice + Tomato Relish (Diced tomatoes, onions, and scallions)

X-TREME MEALS

DINNER

ROMA CHICKEN

Fresh Pasta with Roasted Red Tomato Sauce and Grilled Oregano Chicken

BBQ PORK CHOPS

Grilled Pork Chops with BBQ sauce and Beer Cooked Sauerkraut. Add a side of Steamed Cabbage

CHICKEN FRIED RICE

Put Sliced Chicken into a wok with previously cooked Brown Rice, Chopped Onions, Carrots, Celery, Broccoli, Ginger, salt and pepper. When the Chicken is cooked mix in a raw egg. When the egg is cooked it's ready to eat.

BEAN BUILDING CHICKEN

Grilled Chicken with Brown Rice, Kidney Beans and Baked Beans

SALMON BURGER

Quickly Grill a Salmon Patty and put on a Whole Wheat Roll - Top with Lettuce and Tomato

ATHLEAN POWER SALAD

Mix Lettuce, Tomatoes, Onions, Sliced Strawberries Sliced Avocado, and a handful of chopped Walnuts into a large bowl. Season with Olive Oil, Garlic Salt and Basil. Add plenty of sliced Grilled Chicken.

SPAGHETTI AND MEATBALLS

BASIC MEALS - NEW FOR AX2

BREAKFAST

BASIC BREAKFAST

English Muffin with Pumpkin Butter
Protein Shake (skim milk, banana and X-LR8
High Grade Omega-3's

BASIC BREAKFAST

Health Valley Fat Free Granola Bar
Glass of Skim Milk
Banana
High Grade Omega-3

BASIC BREAKFAST

Turkey Bacon
Whole Wheat Toast
Egg Whites w/ Salsa
Glass of Skim Milk
High Grade Omega-3's

BASIC BREAKFAST

Egg White Omelet over Baked Potato.
Make an Omelet with your favorite Veggies and some Low Fat Cheese.
Drop finished Omelet into a Baked Potato add Salsa.

SNACKS

BASIC SNACK

Plain Low Fat Greek Yogurt mixed with Cheerios, and Raisins.

BASIC SNACK

Canned Salmon with Whole Wheat Crackers

BASIC SNACK

Air Popped Popcorn with sprinkled with Romano Cheese and black pepper

LUNCH

BASIC LUNCH

Rustic Tuna Whole Wheat Pita with Lemon, Capers, Onions, Olives, Extra Virgin Olive Oil, Salt, Pepper

BASIC LUNCH

Roasted Turkey Breast (leftovers from dinner) on Whole Wheat Bread w/ Cranberry Sauce, Lettuce & Almonds

BASIC LUNCH

Grilled Chicken, Brown rice and canned crushed tomatoes

BASIC LUNCH

Grilled Chicken, Broccoli & Brown Rice

BASIC MEALS - NEW FOR AX2

DINNER

BASIC DINNER

Grilled Pork Chops
Applesauce
Grilled Portobellos
Baked Sweet Potato

BASIC DINNER

Grilled Salmon Steak
(w/ teriyaki drizzle)
Brown Rice
Sauteed Broccoli

BASIC DINNER

Lemon Grilled Chicken
Brown Rice
Grilled Vegetable Mix

BASIC DINNER

Grilled Ahi Tuna Steak
Edamame
Jasmine Rice
Sauteed Broccoli

BASIC DINNER

Roasted Turkey Breast
Sweet Potato Mash
Cranberry Sauce
Grilled Zucchini

BASIC DINNER

Chicken Cacciatore (made
with mushrooms, crushed
canned tomatoes, onions,
peppers)
Bed of Brown Rice

BASIC DINNER

Seared Salmon served
over Quinoa Salad with
Sliced Cucumbers and
Fresh Mint