

LIFeshape 7-Day Menu Plan



Follow this 7-Day Menu Plan and get the most out of LIFeshape. This menu outlines exactly what foods to eat for the most effective fat burning possible and offers the best low-calorie snacks options.

Daily Requirements:

- 1) Morning Meal*
- 2) Mid Morning Snack
- 3) Mid Day Meal*
- 4) Mid Day Snack
- 5) Evening Meal

Directions:

* Replace Morning Meal or Mid Day Meal with one Shake

Choose two meals from the Menu selection

Snacks:

Women choose 2 snacks from Snack Menu selection

Men choose 3 snacks from Snack Menu selection

Snack Menu

- 1 Serving of fruit (1 med. apple; ½ cup of berries; ½ grapefruit etc)
- Pretzels (thin sticks 30 pieces)
- 120 ml (4 oz.) dry red wine or 1 light beer
- 1 oz. cheddar cheese
- Flavoured mini rice cakes (15 pieces)
- 6 saltine crackers and 1 tbs light peanut butter
- Raw vegetables (as desired)
- 1 cup sorbet or low fat frozen yogurt
- 1 cup low fat yogurt with fruit
- 1 bowl low fat popcorn
- 6 Melba toast with 1 tbs. low cal cream cheese
- 35 g (2 oz.) baked tortilla chips and salsa
- 1 cup 1% low fat cottage cheese
- ½ cup low calorie pudding



Morning Menu

Morning Meal 1

- 1 cup high-fibre cereal
- ½ cup low-fat milk
- ½ cup of berries (or fruit of your choice)
- ½ cup unsweetened orange juice
- 1 slice whole-wheat bread toasted
- 1 pat butter or margarine (trans fat free)
- 1 cup coffee or tea
- 1 tbs whole milk (optional)

Morning Meal 2

- 1 medium poached egg
- 1 slice whole-wheat bread toasted
- 1 pat butter or margarine (trans fat free)
- ½ cup (120 ml) low-fat fruit yogurt
- ½ cup unsweetened orange juice
- 1 cup coffee or tea
- 1 tbs whole milk (optional)
- ½ pink grapefruit

Morning Meal 3

- 1 cup fresh fruit salad w/citrus
- ½ cup of 1% low fat cottage cheese
- 2 slices whole-wheat bread toasted
- 1 pat butter or margarine (trans fat free)
- 1 tbs strawberry jam
- 1 cup coffee or tea
- 1 tbs whole milk (optional)

Mid Day Menu

Mid Day Meal 1

- 1 cup minestrone soup
- ½ ham and cheese sandwich made with whole-wheat bread
- 1 med apple sliced (or fruit of your choice)
- 1 cup vegetable juice cocktail
- 1 cup coffee or tea
- 1 tbs whole milk

Mid Day Meal 2

- large tossed green salad
- 1 oz. cheddar cheese
- 2 tbs light salad dressing - no salt
- 1 cup chicken rice soup
- ½ cup 1% low-fat cottage cheese
- 1 cup vegetable juice cocktail
- 1 cup herb tea or coffee

Mid Day Meal 3

- 4 oz. canned light tuna packed in water
- 1 whole-wheat pita pocket bread
- 2 tbs low-fat mayonnaise
- 1 cup tossed green salad with light salad dressing - no salt
- 1 cup vegetable juice cocktail
- 1 cup (93 g) fresh grapes (or fruit of your choice)

Evening Menu

Evening Meal 1

- 85 g (3 oz.) broiled lean steak (trim all fat)
- 114 g (4 oz.) steamed broccoli pieces or equal amount of other vegetable
- 1 boiled or baked potato
- 1 slice whole-wheat bread or dinner roll
- 1 pat butter or margarine (trans fat free)
- 240 ml (1 cup) 1% low-fat milk

Evening Meal 2

- 85 g (3 oz.) roasted skinless chicken breast or thigh or 85 g (3 oz.) roasted skinless turkey
- 70 g (2 oz) frozen yellow corn, steamed or equal amount of other vegetable
- 114 g (1/2 cup) long grain brown rice, cooked
- 1 whole-wheat dinner roll
- 1 pat butter or margarine (trans fat free)

Evening Meal 3

- 360 ml (1.5 cup) chili
- 1 mixed green salad
- 1 tbs. light dressing - no salt
- 1 whole-wheat dinner roll
- 1 pat butter or margarine (trans fat free)

Evening Meal 4

- 85 g (3 oz.) Atlantic salmon, broiled or baked or 114 g (4 oz.) cod, broiled or baked with lemon and garlic
- 114 g (1/2 cup) long grain brown rice, cooked
- 100 g (3 1/2 oz.) fresh green beans, steamed or equal amount of other vegetable
- 1 whole-wheat dinner roll
- 1 pat butter or margarine (trans fat free)

Evening Meal 5

- 85 g (3 oz.) lean pork centre loin chop, broiled
- 1 medium baked potato
- 114 g (4 oz.) fresh carrot slices, steamed or equal amount of other vegetable
- 1 tbs. low-fat sour cream
- 1 whole-wheat dinner roll
- 1 pat butter or margarine (trans fat free)
- 240 ml (1 cup) 1% low-fat milk

Evening Meal 6

- 100 g (3 1/2 oz. dry weight) whole-wheat spaghetti pasta noodles, cooked
- 120 ml (1/2 cup) homemade spaghetti meat sauce
- 1 whole-wheat dinner roll
- 1 pat butter or margarine (trans fat free)
- 240 ml (1 cup) 1% low-fat milk

Evening Meal 7

- Chicken stir-fry with: 85 g (3 oz.) skinless, boneless chicken breast
- 240 g (1 cup) fresh sliced mixed vegetables (any combination of broccoli pieces, carrots, snow peas, mushrooms, onions, celery, sweet peppers)
- 114 g (1/2 cup) long grain brown rice, cooked
- 1 tsp. canola or safflower oil
- 2 tbs. low-sodium soy sauce (as marinade)
- 1/2 tsp. cornstarch (mixed with soy sauce)
- 240 ml (1 cup) 1% low-fat milk
- 1 piece fresh fruit

How to use LIFEshape Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 Detoxifier Shake Intra	2 Detoxifier Breakfast Intra	2 Detoxifier Breakfast Intra	2 Detoxifier Shake Intra	2 Detoxifier Breakfast Intra	2 Detoxifier Breakfast Intra	2 Detoxifier Shake Intra
Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack
Lunch	2 Detoxifier 1 Thermogenics Lunch	2 Detoxifier 1 Thermogenics Shake	2 Detoxifier 1 Thermogenics Lunch	2 Detoxifier 1 Thermogenics Lunch	2 Detoxifier 1 Thermogenics Shake	2 Detoxifier 1 Thermogenics Lunch	2 Detoxifier 1 Thermogenics Lunch
Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack	1 FibreLife Snack
Dinner	2 Detoxifier 1 Thermogenics Dinner 2 Nutria	2 Detoxifier 1 Thermogenics Dinner 2 Nutria	2 Detoxifier 1 Thermogenics Dinner 2 Nutria	2 Detoxifier 1 Thermogenics Dinner 2 Nutria	2 Detoxifier 1 Thermogenics Dinner 2 Nutria	2 Detoxifier 1 Thermogenics Dinner 2 Nutria	2 Detoxifier 1 Thermogenics Dinner 2 Nutria

Daily Supplements

- 1-3 oz. Intra daily anytime
- 2 Nutria capsules with meals
- 6 Detoxifier capsules daily for 7 days
- 2 Thermogenics capsules until reach desired weight
- 1-3 FibreLife capsules daily between meals with 8 oz. of water

Do you want to lose weight, feel better, and experience increased energy?
You can achieve this through Lifestyles LIFEshape program!

The LIFEshape Program has been designed to offer four great Lifestyles products that, when combined with a healthy diet and exercise, help you lose weight and feel better – giving you more energy.

This is achieved through:

- Suppressing your appetite and burning fat for energy
- Detoxing and cleansing your body
- Enjoying the benefits of high fibre
- Coordinating the LIFEshape Program to fit within your busy schedule



LIFEshape Instructions Guide and Menu Plan

For more information on Lifestyles and our products, contact your Lifestyles Independent Distributor.

