



# BODY SHRINKING 3-DAY DIET

## DAY 1

### Breakfast

- Coffee with 2 tbsp almond milk and a no calorie sweetener
- 1 cup cooked steel cut oats
- 1/2 cup berries
- 1 medium grapefruit or mandarin orange

### Lunch

- Salmon salad with 4 oz cooked salmon
- 2 cups romaine
  - 1 mandarine/halo/cutie
  - 1/4 cup shredded carrots
  - 1/2 cup shredded cabbage
  - 1/4 cup red onion
  - Drizzle 1 tsp sesame oil and 1 tbsp balsamic vinegar

### Dinner

- Mexican Rice made with 1/2 cup 93% lean ground turkey
- low sodium taco seasoning
  - 1 cup cooked black rice
  - 1/2 cup salsa

## DAY 2

### Breakfast

- Coffee with 2 tbsp almond milk and no calorie sweetener
- 2 hard boiled eggs minus 1 yolk with salt and pepper and 1/2 tsp natural mayo and mustard to taste.
- 1/2 cup berries

### Lunch

- Tuna Salad made with one 2.6oz pouch tuna
- 2 cups romaine or leafy greens of choice
  - 1 diced dill pickle
  - 1/2 tablespoon natural mayo
  - Mustard to taste
  - 2 tbsp pickle juice over lettuce

### Dinner

- Taco Salad made with 1/2 cup 93% lean ground turkey
- 2 cups romaine
  - 1/4 cup each peperoncinis and chopped onions
  - 1/2 cup chopped sweet bell peppers
  - 1/2 cup salsa

## DAY 3

### Breakfast

- Coffee with 2 tbsp almond milk and no calorie sweetener
- 2 hard boiled eggs minus 1 yolk with salt and pepper and 1/2 tsp natural mayo and mustard to taste.
  - 1/2 cup berries

### Lunch

- Tuna Salad made with one pouch tuna
- 2 cups romaine or leafy greens of choice
  - 1 diced dill pickle
  - 1/2 tablespoon natural mayo
  - Mustard
  - 2 tbsp pickle juice

### Dinner

- Shrimp stir fry made with 8 medium shrimp
- 1 egg
  - 1 cup each shredded cabbage
  - 1/2 cup broccoli
  - 1/4 cup each shredded carrots and diced onions
  - 1 8oz package shirataki noodles seasoned with ginger, garlic, and onion powder, Sukrin Gold, tamari, Sriracha, and green onions.