

## SAMPLE ENERGYFIRST MEAL PLANS

To get you started quickly, below are some sample meal plans. The protein portions here depend on your size and level of activity (the more active you are, the larger the portion). Remember to drink sufficient pure water throughout the day for your body weight. Aim to drink 1 large glass of water every hour you are awake! Except where stated, meals are approximately 4 hours apart. Listen to your body. If you have a fast metabolism, you may need to eat every 2-3 hours.

Meal	Meal Plan #1	Meal Plan #2	Meal Plan #3	Meal Plan #4
1 *	1-2 scoops <b>EnergyFirst Greenergy</b> shaken in pure water	1-2 scoops <b>EnergyFirst Greenergy</b> shaken in pure water	1-2 scoops <b>EnergyFirst Greenergy</b> shaken in pure water	1-2 scoops <b>EnergyFirst Greenergy</b> shaken in pure water
2 (Breakfast)	<b>EnergyFirst Shake</b>	Energy Omelet (cook with 3 egg whites and 1 whole egg and some onion). Serve with ½ avocado and 1/2 cup salsa or freshly sliced tomato	<b>EnergyFirst Shake</b>	Apple cinnamon oatmeal. Cook 1/3 cup of old fashioned oatmeal with 1 cup water and ½ apple chopped. Shake up 2 scoops vanilla EnergyFirst whey protein powder in ½ cup almond milk or water. Pour over cooked oatmeal & apple. Add ¼ cup raw almonds. Add cinnamon to taste.
3 (Snack)	¼ cup raw nuts or seeds of any kind	1/4 cup raw nuts or seeds of any kind	¼ cup raw nuts or seeds of any kind	¼ raw nuts or seeds of any kind
4 (Lunch)	4-6 oz water packed salmon or tuna mixed with 1 cup of chopped onion, tomato, cucumber and sprouts, served on a bed of greens and topped with 1-2 TBS <b>Healthy Dressing*</b>	<b>EnergyFirst Shake</b>	4-6oz grilled peppered chicken breast sliced over 2 cups spinach and walnut salad with 1-2 TBS <b>Healthy Dressing*</b>	<b>EnergyFirst Shake</b> or Lettuce wraps (4-6 oz. sliced chicken or turkey breast + 1/2 sliced avocado + sprouts wrapped in lettuce leaves
5 (Snack)	1 cup non-fat or low-fat cottage cheese mixed in a bowl with ½ cup chopped berries & ¼ cup raw pine nuts	3 celery sticks with 2 TBS. raw tahini (sesame paste)	1 TBS. raw cashew butter spread on fresh strawberries	3oz sliced turkey breast wrapped around raw vegetable spears
6 (Dinner)	4-6oz shrimp and scallops stir-fried with ginger, garlic, onion, and 1 cup fresh snow peas, and 1/2 cup wild rice with 1-2 TBS raw sesame oil and Bragg's amino acids (added after cooking)	4-6oz of grilled turkey breast (white or dark meat) served with ½ baked yam and 1-2 TBS <b>Healthy Dressing</b> as gravy	4-6 oz grilled wild caught salmon with 1 cup steamed vegetables and ½ cup of wild rice. Top with 1-2 TBS <b>Healthy Dressing*</b>	1-2 turkey/salmon/tuna burgers grilled and served with 2 cups spinach, walnut, and apple salad, with 1-2 TBS <b>Healthy Dressing*</b>

\* The first meal of Greenergy in water before breakfast is to cleanse the body of toxins and waste. It is also a great energizer and perfect before a morning workout.

### Healthy Dressing Recipe:

½ cup EnergyFirst Omega Oil Blend

½ cup balsamic vinegar

2-3 TBS. mustard

Squeeze of lemon juice and salt and pepper to taste

Shake in a glass container with a tight lid and serve. 1 serving of Healthy Dressing = 1-2 TBS. Keep refrigerated.

**Refer to The EnergyFirst Practical Guidebook for more meal plans and recipes.**