

## FRIDAY

### Breakfast

#### *Poached Eggs (207 calories)*

- 1 large egg
- 1 slice whole grain toast with 1 tbsp apple butter
- black coffee or herbal tea (0 calories)

### Snack

- 1 medium tangerine (48 calories)

### Lunch

#### *Greek Salad with Chicken (363 calories)*

- 2 cups romaine
- 1 oz. red onion
- 1 tbsp. olive oil and balsamic vinaigrette
- 1 oz. cubed, broiled chicken
- ¾ oz. feta cheese
- 1 whole grain pita bread
- 5 Kalamata olives

### Snack

#### *Yogurt & Fruit (186 calories)*

- 1 cup nonfat/low fat plain yogurt
- ½ cup blueberries (fresh or frozen)

### Dinner

#### *Black Bean Burritos (393 calories)*

- 1 cup black beans
- 1 whole grain tortilla
- 1 tbsp. fat free sour cream and ¼ cup fresh salsa

6 oz. tomato juice (low sodium) (36 calories)

## SATURDAY

### Breakfast

#### *Oatmeal with Cinnamon (279 calories)*

- 1/3 cup steel cut oats cooked
- 1 tbsp brown sugar
- ½ cup frozen blueberries
- 1 tsp ground cinnamon

### Lunch

#### *Chick Pea Salad (314 calories)*

- 3 cups salad mix
- ½ cucumber sliced
- 6 cherry tomatoes
- ½ cup canned chick peas
- 3 mini sweet peppers sliced
- 7 walnut halves
- 2 tbsp lite honey mustard vinaigrette dressing

### Snack

#### *Apple & Peanut Butter (198 calories)*

- 1 medium apple
- 1 tbsp natural peanut butter

### Dinner

#### *Vegetable Kebabs (278 calories)*

- 10 button mushrooms
- 10 cherry tomatoes
- ½ red onion quartered
- 10 mini sweet peppers
- ½ an eggplant quartered
- 2 tsps olive oil
- ¼ cup balsamic vinegar
- salt & pepper

#### *Lemon Garlic Couscous (136 calories)*

- ¾ cup cooked couscous
- 1 tbsp lemon juice
- ½ tsp garlic salt

## SUNDAY

### Breakfast

#### *Yogurt & Honey (191 calories)*

- Single-serve reduced-fat plain Greek yogurt
- 20 raspberries
- 1 tsp honey

### Snack

- 1 medium banana (105 calories)

### Lunch

#### *Spinach Salad (377 calories)*

- 1 cup spinach
- 14 walnut halves
- ¼ cup sweetened dried cranberries
- 1 tbsp light balsamic vinaigrette
- 1 hardboiled egg

### Snack

#### *Bananas & Celery w/ Peanut Butter (191 calories)*

- 6 celery sticks
- 1 tbsp natural peanut butter
- 1 small banana

### Dinner

#### *Grilled Chicken (332 calories)*

- 1 small grilled chicken breast
- ½ cup broccoli lightly steamed
- ½ cup cooked brown rice

## 100 CALORIE SNACKS

- 10 baby carrots with 2 tbsp hummus
- 1 medium apple with 1 tbsp nut butter
- 14 almonds
- 2 cups popcorn with 1 tsp cinnamon
- Rice cake with sliced avocado (add pepper & paprika)
- Hard boiled egg with 2 tsps mustard
- 1 medium baked potato topped with salsa and 1 tbsp plain Greek yogurt
- 1 medium baked apple sprinkled with cinnamon
- 10 large strawberries with 1 tbsp goat cheese
- ½ toasted English muffin and top with 2 tsps apple or pumpkin butter
- Protein shake: 1 scoop vanilla whey with 1 cup unsweetened almond milk
- 3 squares of dark chocolate
- 28 frozen grapes
- 1 medium orange sprinkled with cinnamon
- 2 slices smoked turkey rolled up and dipped in 2 tsp honey mustard
- 1/3 cup chick peas tossed with 1 tbsp sliced scallions, lemon juice & chopped tomatoes
- 1 stalk celery with 1 tbsp nut butter
- 2 cups raw spinach with 1 cup sliced strawberries and 1 tbsp balsamic vinegar

## TIPS

- Pair this meal plan with 30 minutes of moderate physical activity per day
- Drink 8-10 glasses of water per day
- Keep a diary to track your progress and see how much you've accomplished
- It is important to get 8 hours of sleep per night
- We recommend not eating three hours before bedtime
- Plan your meals ahead of time, don't skip meals!
- Don't get discouraged if you do not see results right away or get off track
- Consider trying the Ultra Apple Cider Vinegar diet plan with a friend for support. Partnering with a friend can help you both achieve your weight goals.

# Ultra Apple Cider Vinegar DIET PLAN



We've put together this diet plan to help support your weight management goals when used with exercise and our breakthrough Ultra Apple Cider Vinegar formula. Always consult with your trusted healthcare professional prior to beginning any supplement, diet, and/or exercise regimen. We recommend you use this program as a guide so you can design the best meal and exercising plan to fit your body's unique needs. Individual results may vary.

## DIRECTIONS

Our diet plan is based on an approximate 1,200 daily calorie allowance. Recommended portion sizes and calories may require some adjustments to fit your body's unique metabolism as well as your daily energy expenditure. We've included a list of healthy 100 calorie snacks as alternatives for when you'd like to modify this meal plan! It is important to drink at least 64 ounces of water (eight ounces of water eight times) per day and to try to accomplish at least 30 minutes of moderate physical activity such as jogging or bicycling. We also recommend adding a multivitamin to your daily regimen, as well as a calcium supplement, to help ensure your body is obtaining important vitamins and minerals. Please read the Directions and Warnings printed on the label of our Ultra Apple Cider Vinegar supplements.

## MONDAY

### Breakfast

*Yogurt & Oatmeal (308 calories)*

- ½ cup oatmeal
- 1 cup low-fat yogurt

1 cup orange juice (55 calories)  
black coffee or herbal tea (0 calories)

### Snack

*Berry Smoothie (170 calories)*

- 1 cup berries
- 1 cup low-fat milk and ice cubes

### Lunch

*Tuna Salad Sandwich (406 calories)*

- ½ cup tuna (in water)
- 1 small tomato
- ½ cucumber sliced
- 1 cup lettuce
- 1 tsp lite mayonnaise
- ½ tbsp. olive oil
- 2 slices whole grain bread

### Dinner

*Grilled Chicken (332 calories)*

- 1 small grilled chicken breast
- ½ cup broccoli lightly steamed
- ½ cup cooked brown rice

## TUESDAY

### Breakfast

*Fruit Salad & Toast (179 calories)*

- ½ cup canned fruit cocktail (fruit salad) in natural juices only
- 1 slice whole grain toast with 1 tsp butter
- 8 oz. 1% milk (100 calories)

### Snack

- 1 medium banana (105 calories)

### Lunch

*Fruit, Cheese & Nuts (387 calories)*

- 8 whole grain crackers
- ½ cup low-fat (1%) cottage cheese
- Mixed nuts (0.6 oz.) (almonds, walnuts, or brazil nuts)
- 1 medium apple

### Dinner

*Traditional Sirloin (431 calories)*

- Small baked potato
- 3 oz. sirloin steak
- ½ cup mushrooms
- ¼ cup onions
- 1 tsp olive oil or canola oil
- 1 cup mixed vegetables

## WEDNESDAY

### Breakfast

*Fruit Smoothie (229 calories)*

- 1 cup nonfat/low fat milk
- ¼ cup blueberries
- ¼ cup strawberries
- ½ cup orange juice
- ½ cup ice
- ½ scoop protein powder

½ English muffin with 1 tbsp. apple butter (156calories)

### Snack

- 20 shelled pistachio nuts (88 calories)

### Lunch

*Avocado Wrap (287 calories)*

- ¼ cup avocado, sliced
- 1 whole wheat low fat tortilla
- 1 medium size tomato, sliced
- 1 cup lettuce & alfalfa sprouts
- 1 slice (1 oz.) low fat cheese

6 oz. tomato juice (low sodium) (36 calories)

### Snack

*Apple & Peanut Butter (198 calories)*

- 1 medium apple
- 1 tbsp. natural peanut butter

### Dinner

*Turkey Burger (268 calories)*

- 3 oz. ground lean patty (seasoned with salt, pepper & minced garlic) grilled
- 1 whole grain burger bun
- 1 cup lettuce & tomatoes (garnish with pickles, ketchup & mustard to taste)

## THURSDAY

### Breakfast

*Oatmeal with Walnuts (240 calories)*

- ½ cup cooked oatmeal with ½ cup nonfat/low fat milk
- ½ cup sliced strawberries
- 2 tbsp walnuts chopped

coffee or tea with ½ cup nonfat/low fat milk (45 calories)

### Snack

*Yogurt & Fruit Spread (102 calories)*

- ½ cup nonfat/low fat plain yogurt with 2 tsp 100% fruit spread

### Lunch

*Hummus & Veggie Pita (202 calories)*

- ½ piece whole grain pita bread
- ½ cup hummus
- 1 cup lettuce, tomato, sprouts (add red peppers, lemon juice, salt/pepper to taste)
- ¾ cup feta cheese

Mixed nuts (1 oz.) (almonds, walnuts, or brazil nuts) (168 calories)

1 medium fruit (apple, peach, plum, pear) (59 calories)

### Snack

- 1 medium orange (62 calories)

### Dinner

*Broiled Chicken (331 calories)*

- 3 oz. broiled chicken breast-spray with olive oil, season with minced garlic, rosemary, salt & pepper
- 1 cup green string beans (boiled in slightly salted water 3 minutes, drained, drizzled with 1 tsp olive oil, seasoned with salt & pepper)
- ½ cup brown rice