

Create your own easy daily meal plan! Just pick one meal from each row!

BREAKFAST

(approximately 400-500 calories)



LUNCH

(approximately 400-500 calories)



DINNER

(approximately 400-500 calories)



Easy Mix & Match 7-Day Meal Plan

Pick one option from each row in this delicious Mix & Match Meal Plan to put together your perfect combination. Enjoy these delicious dishes, remember to stay hydrated, and take your favorite *Hydroxycut*® weight loss product!

PRO CLINICAL
HYDROXYCUT®
LOSE WEIGHT

OPTION 1

RASPBERRY RAISIN QUINOA

- 1/3 cup quinoa mixed with 1/4 cup raspberries and 1 oz. raisins
- 1/3 cup of non-fat plain yogurt
- 2 unsalted walnuts



OPTION 2

CEREAL WITH RICE MILK

- 1 cup low-sugar, high-protein, high-fiber cold cereal with 1 cup rice milk
- 1 small apple with 1 Tbsp. almond butter



OPTION 3

BLUEBERRY BANANA PROTEIN PANCAKE

- 1 cup of egg whites mixed with:
 - 1/2 cup old-fashioned oatmeal
 - 1 Tbsp. each of ground flax seeds and wheat bran (mix together and cook on medium heat until cooked through)
- 1/2 small banana and 1/4 cup blueberries (to top pancake or mash and cook with pancake)
- Top with:
 - 1 Tbsp. 100% pure maple syrup
 - 1 Tbsp. unsalted pumpkin seeds



OPTION 4

FRENCH TOAST

- 5 egg whites
- 1 slice whole-wheat bread (bread dipped in egg and cooked over medium heat until done)
- Top with:
 - 1/2 Tbsp. pure honey
 - 1/2 cup strawberries
 - 1 Tbsp. flax seeds, ground
 - 1 small banana



OPTION 5

MANGO MELON MASH

- 1/2 cup low-fat, low-sodium cottage cheese mixed with:
 - 1/3 cup each of cantaloupe, honeydew melon and mango
- 1 Tbsp. wheat bran and 1/2 Tbsp. pure honey
- Serve with:
 - 1 slice of multigrain bread, toasted
 - 1 Tbsp. natural peanut butter



OPTION 6

SPINACH OMELETTE

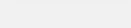
- 1 cup of egg whites cooked with:
 - 1 cup spinach
 - 1/2 cup each mushrooms and diced tomatoes
- Serve with:
 - 1 slice of multigrain bread, toasted
 - 1 Tbsp. natural peanut butter
 - 1/2 grapefruit



OPTION 7

OATMEAL & OMELETTE

- 1/2 cup old-fashioned oatmeal with:
 - 1/2 cup frozen blueberries
 - 1/3 cup frozen strawberries
 - 1 Tbsp. ground flax seeds
- Egg white omelette with:
 - 4 cooked egg whites
 - 1/2 cup spinach
 - 1/2 cup tomatoes
 - 1 oz. low-fat shredded cheese



SPRING SALAD

- 3 cups of spring mix salad mixed with:
 - 1/2 cup each of beets, celery, cucumber and apple
 - 1/4 cup each of green peas, avocado and white beans

Top with dressing:
1/2 Tbsp. flax seed oil mixed with lemon juice
1 tsp. sesame seeds

Serve with:
1 slice of rye bread



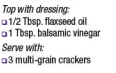
MANDARIN, TURKEY & SPINACH SALAD

- 2 cups of lettuce
- 1 cup of raw spinach
- 1/2 cup each asparagus and cucumber
- 1/4 cup carrots, shredded
- 1/3 cup mandarin oranges, drained
- 1 Tbsp. almonds, shaved

Top with:
3-4 oz. cooked low-sodium lean turkey breast
5 cherry tomatoes

Top with dressing:
1/2 Tbsp. flaxseed oil
1 Tbsp. balsamic vinegar

Serve with:
3 multi-grain crackers

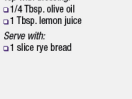


CHICKEN-TOPIED SALAD

- 1 1/2 cups each of lettuce and spinach
- 3-4 oz. cooked boneless, skinless chicken breast
- 1/4 cup each of radishes and avocado
- 1/2 cup each of cucumber and celery
- 1 Tbsp. cherry tomatoes
- 1 Tbsp. silvered almonds

Top with dressing:
1/4 Tbsp. olive oil
1 Tbsp. lemon juice

Serve with:
1 slice rye bread



AVOCADO TUNA PITA

- 1 medium whole-wheat pita stuffed with:
 - 3-4 oz. canned tuna
 - 1/2 cup mixed lettuce
 - 1/3 cup each of sprouts, tomatoes, green pepper, avocado and celery
- 1/2 cup non-fat plain yogurt
- 1/3 cup raspberries



HONEY DIJON EGG SALAD WRAP

- 1 small whole-grain wrap with 1 Tbsp. honey Dijon mustard and filled with:
 - 4 cooked and mashed egg whites
 - 1 cup of shredded lettuce
 - 1/2 cup each of alfalfa sprouts and tomatoes

3 Tbsp. hummus with:
8 sticks each cucumber and celery
10 baby carrots
1 small pear



TURKEY WRAP

- 1 small whole-grain wrap with 1 Tbsp. honey Dijon mustard and filled with:
 - 3-4 oz. turkey breast
 - lettuce, tomatoes, cucumber and sprouts
- 1 Tbsp. honey mustard

1/2 cup sliced mango, 11 unsalted almonds



GRILLED FLANK STEAK

- 3-4 oz. grilled flank steak with:
 - 3 cups mixed salad greens
 - 10 grape tomatoes
 - 1/4 cup crumbled blue cheese
 - 2 Tbsp. low-fat ranch dressing

3-4 oz. baked sweet potato
1 small pear



LEMON DILL SALMON

- 3-4 oz. baked or grilled salmon with dill and lemon juice
- 1/3 cup each steamed broccoli, cauliflower and carrots
- 3-4 oz. baked sweet potato



PINEAPPLE SALSA CHICKEN

- 1/3 cup brown rice topped with:
 - 3-4 oz. cooked boneless, skinless chicken breast
 - 1/2 cup each green and red peppers, sautéed
 - 1/3 cup of green onions
 - 1/4 cup diced pineapple

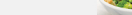
Serve with:
3 Tbsp. salsa



TORU STIRFRY

- 3 oz. firm tofu
- 1/4 cup each of mushrooms, spinach and zucchini

Sauté with:
1 1/2 Tbsp. low-sodium soy sauce
1/2 cup brown rice pasta



GRILLED CUD WITH EGGPLANT

- 3-4 oz. grilled cod
- 1/3 cup each of steamed kale and eggplant mixed with:
 - 1 tsp. sesame seeds

Serve with:
1 cup spaghetti squash



GRILLED TURKEY WITH CINNAMON SWEET POTATO FRIES

- 3-4 oz. cooked skinless turkey breast
- 3-4 oz. sweet potato cut into fries, seasoned with nutmeg and cinnamon and baked
- 1/3 cup steamed Brussels sprouts
- 1/2 cup each steamed snow peas and cauliflower



BEEF BURRITO

- 3-4 oz. extra-lean ground beef cooked with 1 tsp. low-sodium taco seasoning
- Topped with:
 - salsa, lettuce, tomatoes
 - 1/4 of an avocado

Served with:
1 large whole wheat tortilla



TURKEY PITA

- 3-4 oz. cooked turkey breast with:
 - 1/4 avocado
 - 1/2 cup salsa
 - 1 oz. low-fat cheese
 - 1/2 cup corn
 - 1/2 cup black beans

Served in:
1 whole wheat pita pocket

