

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

## 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**®

### BREAKFAST

(approximately 400-500 calories)



### LUNCH

(approximately 400-500 calories)



### DINNER

(approximately 400-500 calories)



OPTION 1	OPTION 2	OPTION 3	OPTION 4	OPTION 5	OPTION 6	OPTION 7
<b>RASPBERRY RAISIN QUINOA</b> <ul style="list-style-type: none"> <li>1/3 cup quinoa mixed with 1/4 cup raspberries and 1 oz. raisins</li> <li>1/3 cup of non-fat plain yogurt</li> <li>2 unsalted walnuts</li> </ul>	<b>CEREAL WITH RICE MILK</b> <ul style="list-style-type: none"> <li>1 cup low-sugar, high-protein, high-fiber cold cereal with 1 cup rice milk</li> <li>1 small apple with 1 Tbsp. almond butter</li> </ul>	<b>BLUEBERRY BANANA PROTEIN PANCAKE</b> <ul style="list-style-type: none"> <li>1 cup of egg whites mixed with:               <ul style="list-style-type: none"> <li>1/2 cup old-fashioned oatmeal</li> <li>1 Tbsp. each of ground flax seeds and wheat bran (mix together and cook on medium heat until cooked through)</li> </ul> </li> <li>1/2 small banana and 1/4 cup blueberries (to top pancake or mash and cook with pancake)</li> </ul> <p><i>Top with:</i></p> <ul style="list-style-type: none"> <li>1 Tbsp. 100% pure maple syrup</li> <li>1 Tbsp. unsalted pumpkin seeds</li> </ul>	<b>FRENCH TOAST</b> <ul style="list-style-type: none"> <li>5 egg whites</li> <li>1 slice whole-wheat bread (bread dipped in egg and cooked over medium heat until done)</li> </ul> <p><i>Top with:</i></p> <ul style="list-style-type: none"> <li>1/2 Tbsp. pure honey</li> <li>1/2 cup strawberries</li> <li>1 Tbsp. flax seeds, ground</li> <li>1 small banana</li> </ul>	<b>MANGO MELON MASH</b> <ul style="list-style-type: none"> <li>1/2 cup low-fat, low-sodium cottage cheese mixed with:               <ul style="list-style-type: none"> <li>1/3 cup each of cantaloupe, honeydew melon and mango</li> </ul> </li> <li>1 Tbsp. wheat bran and 1/2 Tbsp. pure honey</li> </ul> <p><i>Serve with:</i></p> <ul style="list-style-type: none"> <li>1 slice of multigrain bread, toasted</li> <li>1 Tbsp. natural peanut butter</li> <li>1 Tbsp. natural peanut butter</li> </ul>	<b>SPINACH OMELETTE</b> <ul style="list-style-type: none"> <li>1 cup of egg whites cooked with:               <ul style="list-style-type: none"> <li>1 cup spinach</li> <li>1/2 cup each mushrooms and diced tomatoes</li> </ul> </li> </ul> <p><i>Serve with:</i></p> <ul style="list-style-type: none"> <li>1 slice of multigrain bread, toasted</li> <li>1 Tbsp. natural peanut butter</li> <li>1/2 grapefruit</li> </ul>	<b>OATMEAL &amp; OMELETTE</b> <ul style="list-style-type: none"> <li>1/2 cup old-fashioned oatmeal with:               <ul style="list-style-type: none"> <li>1/2 cup frozen blueberries</li> <li>1/3 cup frozen strawberries</li> <li>1 Tbsp. ground flax seeds</li> </ul> </li> <li>Egg white omelette with:               <ul style="list-style-type: none"> <li>4 cooked egg whites</li> <li>1/2 cup spinach</li> <li>1/2 cup tomatoes</li> <li>1 oz. low-fat shredded cheese</li> </ul> </li> </ul>
<b>SPRING SALAD</b> <ul style="list-style-type: none"> <li>3 cups of spring mix salad mixed with:               <ul style="list-style-type: none"> <li>1/2 cup each of beets, celery, cucumber and apple</li> <li>1/4 cup each of green peas, avocado and white beans</li> </ul> </li> </ul> <p><i>Top with dressing:</i></p> <ul style="list-style-type: none"> <li>1/2 Tbsp. flax seed oil mixed with lemon juice</li> <li>1 tsp. sesame seeds</li> </ul> <p><i>Serve with:</i></p> <ul style="list-style-type: none"> <li>1 slice of rye bread</li> </ul>	<b>MANDARIN, TURKEY &amp; SPINACH SALAD</b> <ul style="list-style-type: none"> <li>2 cups of lettuce</li> <li>1 cup of raw spinach</li> <li>1/2 cup each asparagus and cucumber</li> <li>1/4 cup carrots, shredded</li> <li>1/3 cup mandarin oranges, drained</li> <li>1 Tbsp. almonds, shaved</li> </ul> <p><i>Top with:</i></p> <ul style="list-style-type: none"> <li>3-4 oz. cooked low-sodium lean turkey breast</li> <li>5 cherry tomatoes</li> </ul> <p><i>Top with dressing:</i></p> <ul style="list-style-type: none"> <li>1/2 Tbsp. flaxseed oil</li> <li>1 Tbsp. balsamic vinegar</li> </ul> <p><i>Serve with:</i></p> <ul style="list-style-type: none"> <li>3 multi-grain crackers</li> </ul>	<b>CHICKEN-TOPIED SALAD</b> <ul style="list-style-type: none"> <li>1 1/2 cups each of lettuce and spinach</li> <li>3-4 oz. cooked boneless, skinless chicken breast</li> <li>1/4 cup each of radishes and avocado</li> <li>1/2 cup each of cucumber and celery</li> </ul> <p><i>Top with:</i></p> <ul style="list-style-type: none"> <li>10 cherry tomatoes</li> <li>1 Tbsp. silvered almonds</li> </ul> <p><i>Top with dressing:</i></p> <ul style="list-style-type: none"> <li>1/4 Tbsp. olive oil</li> <li>1 Tbsp. lemon juice</li> </ul> <p><i>Serve with:</i></p> <ul style="list-style-type: none"> <li>1 slice rye bread</li> </ul>	<b>AVOCADO TUNA PITA</b> <ul style="list-style-type: none"> <li>1 medium whole-wheat pita stuffed with:               <ul style="list-style-type: none"> <li>3-4 oz. canned tuna</li> <li>1/2 cup mixed lettuce</li> <li>1/3 cup each of sprouts, tomatoes, green pepper, avocado and celery</li> </ul> </li> <li>1/2 cup non-fat plain yogurt</li> <li>1/3 cup raspberries</li> </ul>	<b>HONEY DIJON EGG SALAD WRAP</b> <ul style="list-style-type: none"> <li>1 small whole-grain wrap with 1 Tbsp. honey Dijon mustard and filled with:               <ul style="list-style-type: none"> <li>4 cooked and mashed egg whites</li> <li>1 cup of shredded lettuce</li> <li>1/2 cup each of alfalfa sprouts and tomatoes</li> </ul> </li> <li>3 Tbsp. hummus with:               <ul style="list-style-type: none"> <li>8 sticks each cucumber and celery</li> <li>10 baby carrots</li> <li>1 small pear</li> </ul> </li> </ul>	<b>TURKEY WRAP</b> <ul style="list-style-type: none"> <li>1 small whole-grain wrap with 1 Tbsp. honey Dijon mustard and filled with:               <ul style="list-style-type: none"> <li>3-4 oz. turkey breast</li> <li>lettuce, tomatoes, cucumber and sprouts</li> <li>1 Tbsp. honey mustard</li> </ul> </li> <li>1/2 cup sliced mango, 11 unsalted almonds</li> </ul>	<b>GRILLED FLANK STEAK</b> <ul style="list-style-type: none"> <li>3-4 oz. grilled flank steak with:               <ul style="list-style-type: none"> <li>3 cups mixed salad greens</li> <li>10 grape tomatoes</li> <li>1/4 cup crumbled blue cheese</li> <li>2 Tbsp. low-fat ranch dressing</li> </ul> </li> <li>3-4 oz. baked sweet potato</li> <li>1 small pear</li> </ul>
<b>LEMON DILL SALMON</b> <ul style="list-style-type: none"> <li>3-4 oz. baked or grilled salmon with dill and lemon juice</li> <li>1/3 cup each steamed broccoli, cauliflower and carrots</li> <li>3-4 oz. baked sweet potato</li> </ul>	<b>PINEAPPLE SALSA CHICKEN</b> <ul style="list-style-type: none"> <li>1/3 cup brown rice topped with:               <ul style="list-style-type: none"> <li>3-4 oz. cooked boneless, skinless chicken breast</li> <li>1/2 cup each green and red peppers, sautéed</li> <li>1/3 cup of green onions</li> <li>1/4 cup diced pineapple</li> </ul> </li> </ul> <p><i>Serve with:</i></p> <ul style="list-style-type: none"> <li>3 Tbsp. salsa</li> </ul>	<b>TORU STIRFRY</b> <ul style="list-style-type: none"> <li>3 oz. firm tofu</li> <li>1/4 cup each of mushrooms, spinach and zucchini</li> </ul> <p><i>Sauté with:</i></p> <ul style="list-style-type: none"> <li>1 1/2 Tbsp. low-sodium soy sauce</li> <li>1/2 cup brown rice pasta</li> </ul>	<b>GRILLED CUD WITH EGGPLANT</b> <ul style="list-style-type: none"> <li>3-4 oz. grilled cod</li> <li>1/3 cup each of steamed kale and eggplant mixed with:               <ul style="list-style-type: none"> <li>1 tsp. sesame seeds</li> </ul> </li> </ul> <p><i>Serve with:</i></p> <ul style="list-style-type: none"> <li>1 cup spaghetti squash</li> </ul>	<b>GRILLED TURKEY WITH CINNAMON SWEET POTATO FRIES</b> <ul style="list-style-type: none"> <li>3-4 oz. cooked skinless turkey breast</li> <li>3-4 oz. sweet potato cut into fries, seasoned with nutmeg and cinnamon and baked</li> <li>1/3 cup steamed Brussels sprouts</li> <li>1/2 cup each steamed snow peas and cauliflower</li> </ul>	<b>BEEF BURRITO</b> <ul style="list-style-type: none"> <li>3-4 oz. extra-lean ground beef cooked with 1 tsp. low-sodium taco seasoning</li> </ul> <p><i>Topped with:</i></p> <ul style="list-style-type: none"> <li>salsa, lettuce, tomatoes</li> <li>1/4 of an avocado</li> </ul> <p><i>Served with:</i></p> <ul style="list-style-type: none"> <li>1 large whole wheat tortilla</li> </ul>	<b>TURKEY PITA</b> <ul style="list-style-type: none"> <li>3-4 oz. cooked turkey breast with:               <ul style="list-style-type: none"> <li>1/4 avocado</li> <li>1/2 cup salsa</li> <li>1 oz. low-fat cheese</li> <li>1/2 cup corn</li> <li>1/2 cup black beans</li> </ul> </li> </ul> <p><i>Served in:</i></p> <ul style="list-style-type: none"> <li>1 whole wheat pita pocket</li> </ul>

This is a sample diet intended for reference purposes. Your specific calorie needs may differ. Read the entire label before use. © 2014