

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 egg omelette w/tomatoes & avocado	Protein shake w/ strawberries	scrambled eggs, bacon, sauteed spinach, tomatoes	Protein shake w/ strawberries	Sausage topped w/ mozzarella & tomatoes	2 egg omelette w/tomatoes & avocado	Protein shake w/ strawberries
Snack 1	cucumber slices w/ ranch dressing	Cherry Tomatoes	cucumber slices w/ ranch dressing	Bell pepper slices w/ dressing	Celery w/ cream cheese	Bell pepper slices w/ dressing	Celery w/ cream cheese
Lunch	chicken quarter (w/skin) lettuce & Tomatoes	Burger (no bun) w/ cheese, avocado & tomato salad	Protein shake w/ strawberries & banana	Tuna with avocado, cucumber & tomato salad	lettuce wrapped chicken breast, fresh guacamole & salsa	Burger on chopped salad	Tuna with avocado, cucumber & tomato salad
Snack 2	Celery w/ cream cheese	cucumber slices w/ ranch dressing	bell pepper slices w/ dressing	cherry tomatoes	cucumber slices w/ ranch dressing	cherry tomatoes	bell pepper slices w/ dressing
Dinner	Pork tenderloin, sauteed spinach, grilled squash	Sirloin steak, sauteed bok choy, mixed green salad	Chicken, steamed broccoli, chopped spinach salad	Grilled burger w/ cheddar, baked sweet potato fries, mixed greens	Chicken breast, steamed broccoli & cauliflower, mixed green salad	Bangers & sweet potato mash, sauteed spinach	Steak, asparagus, mixed green salad

Beverly Hills Diet

SJ Ball



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