

# dub meal plan

## Breakfast

Protein: 1 whole egg 4 egg whites, add 1 oz lean meat

Fat: Avocado, or 12 almonds

Carbohydrate: 1 grapefruit, orange, apple

## Option 2

Protein: Special K protein plus cereal 1 cup

Fat: Low fat milk, soy milk light

## Supplement

3 blue muscle, 1 red burner, 2 white youth

(This combo is prior to workout)

Make sure you take with food!

## 10 am Snack

Muscle Milk Light, or low carb protein bar (atkin), Low carb yogurt, ½ cup low fat cottage cheese and an apple

## 12 pm Lunch

Protein: 3-5 oz lean deli meat

Carbohydrate: low carb tortilla wrap

Fat: Light mayo or ½ Avocado

## Supplement

2 red burner, 1 white youth

Make sure you take with food

## 3 pm Snack (Same as 10 am snack.)

## Dinner

Protein: 4-6 oz Lean ground Turkey, Lean Steak, White Fish, Lean hamburger, chicken breast

Carbohydrate: Spinach leaves, green beans, broccoli, lettuce

Fat: ½ Avocado, or 2 tbsp Newmans Own Ginger Sesame Light, 12 almonds

“Focus on this program for 21 days! Do not think any further than that! Measure your results and you will be amazed what will happen. You are free to use your creativity throughout this program. Dub really will change your life! The question is: **Are You Up For the Challenge?**”

—Jeremy Wardle  
President & Founder

## Snacks

Free Foods that can be snacked on all day: Celery, Cucumber, sugar free lifesavers, crystal light, diet drinks ( Never allow it to replace water!), and Pickles.