

# Weight Loss Meal Plan Ex. 1

7:00 am	Blackberry Weight Loss Smoothy w/ Reign Awaken
10:15 am	Reign Fruit Infusion w/ Almonds
1:00 pm	Spinach Salad w/ Chicken
3:30 pm	Apple w/ Almond Butter
6:15 pm	Reign Fruit or Veggie Infusion w/ Almonds
7:00 pm	Green-fed Burger with sauteed veggies

# Weight Loss Meal Plan Ex. 2

7:00 am	Refresh Celery Weight Loss Smoothy w/ Reign Awaken
10:15 am	Reign Fruit Infusion w/ Almonds
1:00 pm	Salmon Salad w/ Fruit Infusion Tea
3:30 pm	Go Raw Seed Mix
6:15 pm	Reign Fruit or Veggie Infusion w/ Almonds
7:00 pm	Chicken and Veggie Stir Fry

# Weight Loss Meal Plan Ex. 3

7:00 am	Kale Weight Loss Smoothy w/ Reign Awaken
10:15 am	Reign Fruit Infusion w/ Almonds
1:00 pm	Big Greek Salad w/ Fruit Infusion Tea
3:30 pm	Larabar (Peanut Butter & Jelly)
6:15 pm	Reign Fruit or Veggie Infusion w/ Almonds
7:00 pm	Turkey Burger on Greens w/ Broccoli