

## OZFIT Sample Diet Plans

The theme of the OZFIT Diet Plans is common sense. You don't have to restrict yourself a minimal calorie diet, you just have to have common sense in your food choices. You are working hard to get the body you've always wanted, so be sure to fuel it with the right foods. Add more fruit as snacks and replace bad foods with good foods, such as yogurt. instead of ice cream. OZFIT Diet Plans are examples that you can follow to ensure you get the proper nutrients and enough calories to fuel your workouts.

	Breakfast	Snack	Lunch	Snack	Dinner	Snack
Sunday	4 oz Juice	Banana	Chicken breast	Yogurt	Salad	1/2 Grapefruit
	2 Eggs any style		Cottage Cheese		8 oz steak	
			Veggies		Veggies	
					Veggies	
Monday	4 oz Juice	Apple slices with	Soup	Cottage Cheese	Salad	Yogurt
	Oatmeal	peanut butter	Large Salad		Rice	
					8 oz pork chop	
					Veggies	
Tuesday	4 oz Juice	2 Cheese sticks	Sandwich of choice	Baby Carrots with	8 oz chicken	Apple
	Cereal w/skim milk		Orange	low fat ranch	Beans	
					Veggies	
					Banana	
Wednesday	4 oz Juice	Watermelon slices	Chicken breast	1/2 Cup Nuts	Pasta	1/2 Grapefruit
	Bagel		Rice		8 oz choice of meat or fish	
			Apples		Salad	
Thursday	4 oz Juice	Banana	Soup	Yogurt	Mexican Rice Bowl	Apple
	Oatmeal		Large Salad			
			1/2 dried berries			
Friday	4 oz Juice	1/2 cup of Nuts	Sandwich	Baby Carrots with	Salad	Cottage Cheese
	2 Eggs any style		Orange	low fat ranch	8 oz Chicken breast	

					Veggies	
Saturday	4 oz Juice	Banana	Large Salad	Yogurt	Pasta	Orange
	Cereal w/skim milk		1/2 Sandwich		8 oz beef	
					Veggies	