

HYDROXYCUT[®]
1 month **meal plan**

be **thinner** in
30 days
starter plan



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HYDROXYCUT[®]

1 month meal plan



week 1: shopping list

Poultry/Meat/Fish/ Legumes/Nuts

- ☐ 100g of extra-lean ground beef
- ☐ 3 cans of water-packed tuna
- ☐ 6 skinless chicken breasts
- ☐ bag of natural, unsalted almonds
- ☐ bag of natural, unsalted walnuts
- ☐ can of low-sodium chickpeas
- ☐ low-sodium turkey breast
- ☐ low-sodium veggie burgers (preferably organic)
- ☐ natural peanut butter
- ☐ orange roughy
- ☐ salmon fillets

Spices and Condiments

- ☐ 100% pure maple syrup
- ☐ balsamic vinegar
- ☐ cinnamon
- ☐ hummus
- ☐ low-fat mayonnaise
- ☐ low-sodium teriyaki sauce
- ☐ low-sugar barbecue sauce
- ☐ plain spaghetti sauce
- ☐ olive oil
- ☐ oregano
- ☐ parsley
- ☐ pepper
- ☐ salsa
- ☐ unsweetened applesauce

Fruits and Vegetables

- ☐ apples
- ☐ asparagus
- ☐ avocado
- ☐ bag of spinach
- ☐ bananas
- ☐ big container of mixed salad greens
- ☐ brussels sprouts
- ☐ cantaloupe
- ☐ carrots
- ☐ celery
- ☐ cucumber
- ☐ grapefruit
- ☐ grapes
- ☐ green pepper
- ☐ green string beans
- ☐ head of broccoli
- ☐ mixed berries
- ☐ mushrooms
- ☐ onions
- ☐ pears
- ☐ radishes
- ☐ red pepper
- ☐ small & medium-sized sweet potatoes
- ☐ tomatoes
- ☐ turnip
- ☐ zucchini

Grains and Breads

- ☐ bag of regular oatmeal (not instant)
- ☐ brown rice
- ☐ high-fiber cereal
- ☐ whole-wheat bread
- ☐ whole-wheat bun
- ☐ whole-wheat English muffins
- ☐ whole-wheat pitas
- ☐ whole-wheat spaghetti noodles
- ☐ whole-wheat/whole-grain tortilla shells

Dairy/Eggs

- ☐ carton of large eggs
- ☐ carton of plain egg whites
- ☐ container of non-fat plain yogurt (optional: non-fat plain Greek yogurt)
- ☐ container of low-fat cottage cheese (1% or less dairy fat)
- ☐ low-fat cheese (cheddar and swiss)
- ☐ skim milk

Other

- ☐ dried cranberries

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 1 . day 1

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|--|----------------|
| Vegetable omelet | 358 cal |
| (3 egg whites plus 1 whole egg, with ¼ cup each red and green peppers and red onion, half a medium tomato, chopped, and 1 oz. low-fat swiss cheese, cooked in 1 tbsp. olive oil with a dash of pepper and oregano) | |
| 1 piece of whole-wheat toast | 75 cal |
| 1 medium apple | 72 cal |

Lunch (Meal 2)

| | |
|---|----------------|
| 1 cup flaked tuna on 1 whole-wheat tortilla with 1 tbsp. low-fat mayonnaise | 299 cal |
| 2 cups mixed salad greens with 1 tbsp. balsamic vinegar | 33 cal |
| 1 cup non-fat plain yogurt with 1 cup sliced pear | 250 cal |

Dinner (Meal 3)

| | |
|---|----------------|
| 4 oz. skinless chicken breast with 1 tbsp. barbecue sauce | 243 cal |
| 1 medium sweet potato | 136 cal |
| 2 cups green string beans | 68 cal |

Calories
Values are
approximate

Total Calories
1534

week 1

week 2

week 3

week 4

HYDROXYCUT®

1 month meal plan

week 1 . day 2

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|---|----------------|
| 1 cup cooked oatmeal mixed with $\frac{3}{4}$ cup mixed berries and | |
| 1 tbsp. unsalted walnuts..... | 274 cal |
| 1 cup skim milk..... | 83 cal |
| 5 cooked egg whites with $\frac{1}{2}$ tbsp. olive oil, $\frac{1}{2}$ cup spinach and | |
| $\frac{1}{4}$ cup chopped mushrooms | 152 cal |

Lunch (Meal 2)

| | |
|---|----------------|
| 2 cups mixed greens topped with 1 cup each chopped cucumbers | |
| and tomatoes, $\frac{1}{2}$ cup each chickpeas and diced apple with | |
| 1 oz. dried cranberries and 1 tbsp. balsamic vinegar | 341 cal |
| 4 oz. skinless chicken breast | 222 cal |

Dinner (Meal 3)

| | |
|-------------------------------|----------------|
| 6 oz. orange roughy | 243 cal |
| 1 cup cooked brown rice | 136 cal |
| 2 cups steamed broccoli | 68 cal |

Calories
Values are
approximate

Total Calories
1525

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 1 . day 3

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|--|----------------|
| 2 slices whole-wheat toast topped with 2 tbsp. peanut butter | 338 cal |
| 1 medium banana..... | 105 cal |
| ½ cup skim milk..... | 42 cal |

Lunch (Meal 2)

| | |
|--|----------------|
| Whole-wheat pita with 4 oz. low-fat/low-sodium turkey breast, with 2 cups spinach and shredded carrots and radishes | 271 cal |
| 1 tbsp. low-fat mayonnaise | 36 cal |
| ¾ cup low-fat plain cottage cheese with ½ cup sliced cantaloupe..... | 149 cal |

Dinner (Meal 3)

| | |
|--|----------------|
| 6 oz. grilled salmon with 1 tbsp. teriyaki sauce | 243 cal |
| Roasted vegetables (all sliced thick - ½ medium sweet potato, ¾ cup turnip, 1 medium zucchini, 1 cup each brussels sprouts and red pepper, with 1 tbsp. olive oil) | 316 cal |

Calories
Values are
approximate

Total Calories
1500

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 1 . day 4

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|--|----------------|
| Oatmeal pancake | 417 cal |
| (Mix 1 cup egg whites and ½ cup oats (raw) with 1 cup blueberries and cook [like a pancake] in a pan on medium heat until thoroughly cooked. Top with 1 tbsp. maple syrup and 1 medium banana) | |
| ½ cup skim milk..... | 42 cal |

Lunch (Meal 2)

| | |
|--|----------------|
| Tuna and avocado sandwich..... | 347 cal |
| (2 slices whole-wheat bread, ½ can of tuna with 1 tbsp. low-fat mayonnaise, w¼ avocado, 1 slice of tomato and ½ cup spinach) | |
| 2 cups of celery and cucumber with 2 tbsp. hummus | 86 cal |

Dinner (Meal 3)

| | |
|---|----------------|
| 1 cup cooked brown rice topped with 4 oz. grilled skinless chicken breast, 2 tbsp. salsa and 2 cups chopped, steamed asparagus | 513 cal |
| 1 cup unsweetened applesauce with a dash of cinnamon | 105 cal |

Calories
Values are
approximate

Total Calories
1510

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 1 . day 5

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|---|----------------|
| Cinnamon French Toast (See recipe on pg. 34)..... | 227 cal |
| 1 medium apple..... | 72 cal |
| 1 oz. (approx. 22) unsalted, unroasted almonds..... | 164 cal |

Lunch (Meal 2)

| | |
|---|----------------|
| 1 toasted whole-wheat pita stuffed with 1 oz. low-fat swiss cheese, 4 oz. grilled skinless chicken breast, 1 cup lettuce and 2 tbsp. salsa | 410 cal |
| ½ cup non-fat plain yogurt with ½ cup mixed berries | 93 cal |

Dinner (Meal 3)

| | |
|--|----------------|
| Herb Chicken and Broccoli (See recipe on pg. 35) | 438 cal |
| ¾ cup cooked brown rice..... | 161 cal |

Calories
Values are
approximate

Total Calories
1565

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 1 . day 6

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|---|----------------|
| 1 cup high-fiber cereal..... | 148 cal |
| 6 oz. non-fat plain Greek yogurt..... | 100 cal |
| ½ cup each mixed berries, banana and pear | 139 cal |

Lunch (Meal 2)

| | |
|---|----------------|
| Taco Salad (See recipe on pg. 36) | 414 cal |
| 1 cup unsweetened applesauce | 105 cal |
| 1 oz. unsalted walnuts..... | 93 cal |

Dinner (Meal 3)

| | |
|--|----------------|
| 1 cup whole-wheat spaghetti noodles mixed with 1 cup tomato sauce, | |
| 1 cup mushrooms and 2 oz. diced onions | 343 cal |
| 3 oz. grilled skinless chicken breast | 166 cal |

Calories
Values are
approximate

Total Calories
1508

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 1 . day 7

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|--|---------|
| 4 egg whites + 1 egg yolk scrambled | 151 cal |
| 1 whole-wheat English muffin with 1 oz. low-fat cheddar cheese and 1 cup tomato | 210 cal |
| ½ medium grapefruit | 41 cal |

Lunch (Meal 2)

| | |
|---|---------|
| 1 mashed sweet potato | 234 cal |
| 4 oz. grilled skinless chicken breast with 1 tbsp. barbecue sauce | 243 cal |
| 1 cup steamed broccoli | 30 cal |
| 1 medium apple | 72 cal |

Dinner (Meal 3)

| | |
|--|---------|
| Veggie burger on a whole-wheat bun with a slice of tomato, lettuce leaf and 1 tbsp. salsa | 230 cal |
| 1 cup boiled asparagus with 1 tbsp. olive oil | 153 cal |
| 1 cup each mixed berries and grapes | 158 cal |

Calories
Values are
approximate

Total Calories
1522

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan



week 2: shopping list

NOTE: Some items you may already have or have purchased for previous weeks, so check out your cupboards before heading to the grocery store.

Poultry/Meat/Fish/ Legumes/Nuts

- ☐ almond butter
- ☐ bag of unroasted, unsalted almonds
- ☐ canned tuna
- ☐ chicken breasts
- ☐ cod
- ☐ garbanzo beans (chickpeas)
- ☐ lean ground turkey
- ☐ lentils
- ☐ pork chops
- ☐ red kidney beans
- ☐ salmon
- ☐ tilapia
- ☐ tofu
- ☐ unsalted sunflower seeds
- ☐ unsalted walnuts

Spices and Condiments

- ☐ 100% maple syrup
- ☐ allspice
- ☐ apple cider vinegar
- ☐ balsamic vinegar
- ☐ chili pepper
- ☐ cinnamon
- ☐ cornstarch
- ☐ garlic powder
- ☐ lemon juice
- ☐ low-fat mayonnaise
- ☐ minced California-style blended dry onion
- ☐ olive oil
- ☐ paprika
- ☐ pepper
- ☐ pickled jalapeño
- ☐ red pepper flakes
- ☐ salsa
- ☐ soy sauce (light)

- ☐ sugar
- ☐ thyme
- ☐ tomato sauce
- ☐ unsweetened applesauce
- ☐ vanilla extract

Fruits and Vegetables

- ☐ apples
- ☐ asparagus
- ☐ avocado
- ☐ bananas
- ☐ bean sprouts
- ☐ black olives
- ☐ bok choy
- ☐ broccoli
- ☐ butternut squash
- ☐ cabbage (red)
- ☐ carrots
- ☐ celery
- ☐ cherries
- ☐ cucumber
- ☐ frozen blueberries
- ☐ frozen edamame
- ☐ garlic
- ☐ grapefruit
- ☐ grapes
- ☐ green onions/shallots
- ☐ green & red peppers
- ☐ kiwi
- ☐ lemon
- ☐ mandarin oranges
- ☐ mixed berries
- ☐ mixed lettuce/salad greens
- ☐ mushrooms
- ☐ onions
- ☐ peas
- ☐ pineapple slices
- ☐ raisins

- ☐ spinach
- ☐ strawberries
- ☐ sweet potatoes
- ☐ tomatoes
- ☐ zucchini

Grains and Breads

- ☐ brown rice
- ☐ cornflakes
- ☐ high-fiber cereal
- ☐ regular oatmeal
- ☐ quinoa
- ☐ whole-grain bread
- ☐ whole-wheat (unseasoned) bread crumbs
- ☐ whole-wheat English muffins
- ☐ whole-wheat pasta
- ☐ whole-wheat pitas
- ☐ whole-wheat roll
- ☐ whole-wheat tortillas
- ☐ wild rice

Dairy/Eggs

- ☐ eggs (whole)
- ☐ egg whites
- ☐ low-fat cheese (mozzarella, cheddar)
- ☐ low-fat feta cheese
- ☐ low-fat plain cottage cheese
- ☐ non-fat plain Greek yogurt
- ☐ non-fat plain yogurt
- ☐ skim milk

Other

- ☐ dried currants
- ☐ non-stick cooking spray
- ☐ popcorn kernels

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 2. day 8

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|---|---------|
| 1 cup cooked oatmeal with 1 cup strawberries, 1 oz. raisins and ½ oz. (approx. 11) unsalted, crushed almonds | 364 cal |
| 5 scrambled egg whites | 85 cal |
| 1 cup skim milk..... | 83 cal |

Lunch (Meal 2)

| | |
|---|---------|
| Grilled chicken sandwich..... | 387 cal |
| (4 oz. grilled skinless chicken breast, 2 slices whole-wheat bread, 2 tbsp. salsa and 1 slice each lettuce and tomato) | |
| 1 cup non-fat plain yogurt with 1 kiwi..... | 183 cal |

Dinner (Meal 3)

| | |
|--|---------|
| 4.5 oz. broiled tilapia with herbs | 163 cal |
| 1 cup mashed butternut squash with cinnamon | 82 cal |
| 2 cups spinach with ½ cup unsweetened mandarin oranges and 1 tbsp. unsalted sunflower seeds, mixed with 2 tbsp. balsamic vinegar..... | 160 cal |

Calories
Values are
approximate

Total Calories
1507

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 2. day 9

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|--|----------------|
| Almond butter roll-up..... (1 whole-wheat tortilla, 1 tbsp. almond butter, 1 cup sliced strawberries and ½ sliced banana) | 309 cal |
| ¾ cup low-fat cottage cheese with 1 oz. raisins | 207 cal |

Lunch (Meal 2)

| | |
|---|----------------|
| Pita pizza..... (1 whole-wheat pita with ½ cup tomato sauce, 2 oz. low-fat mozzarella, 1 cup chopped veggies [mushrooms, red and green pepper, onion] and 2 oz. grilled skinless chicken breast) | 448 cal |
| 1 medium apple | 72 cal |

Dinner (Meal 3)

| | |
|--|----------------|
| Turkey meatballs..... (4 oz. lean ground turkey, ½ egg white, 1 ½ tbsp. olive oil and ¼ cup whole-wheat bread crumbs) | 440 cal |
| 1 cup steamed asparagus | 34 cal |
| ½ cup brown rice | 107 cal |

Calories
Values are
approximate

Total Calories
1617

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 2. day 10

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|--|---------|
| 4 egg whites scrambled with 1 egg yolk | 140 cal |
| ¼ cup quinoa mixed with 1 oz. unsalted walnuts, ¼ cup chopped apple and 1 tbsp. dried currants | 400 cal |

Lunch (Meal 2)

| | |
|---|---------|
| Greek chicken salad | 559 cal |
| (3 cups mixed greens, 3 cups mixed veggies [tomatoes, cucumber, green pepper and red onion], 1 oz. feta cheese, ½ cup black olives, and 3 oz. grilled chicken breast tossed with 1 tbsp. olive oil, 2 tbsp. lemon juice and a dash of pepper) | |

Dinner (Meal 3)

| | |
|---|---------|
| Marinated and Spiced Cod (See recipe on pg. 35) | 281 cal |
| ½ cup wild rice | 83 cal |
| 2 cups broccoli | 60 cal |

Calories
Values are
approximate

Total Calories
1523

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 2. day 11

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|---|----------------|
| 1 whole-wheat English muffin with 4 scrambled egg whites, 1 oz. low-fat cheddar cheese, 1 tomato slice and 2 leafs of lettuce | 225 cal |
| 1 apple | 72 cal |
| 1 oz. (approx. 22) unsalted almonds..... | 164 cal |

Lunch (Meal 2)

| | |
|---|----------------|
| Tuna Pasta Salad (See recipe on pg. 37) | 185 cal |
| 1 cup low-fat cottage cheese..... | 163 cal |
| 1 cup mixed fruit (berries, pineapple, grapes)..... | 71 cal |

Dinner (Meal 3)

| | |
|---|----------------|
| 4 oz. braised lean pork chops..... | 229 cal |
| 1 medium sweet potato, boiled..... | 136 cal |
| ½ cup cooked edamame | 95 cal |
| 2 cups mixed green salad with 1 tbsp. balsamic vinegar and 1 tbsp. olive oil..... | 151 cal |

Calories
Values are
approximate

Total Calories
1491

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 2. day 12

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|--|----------------|
| Blueberry Blitz (See recipe on pg. 33) | 510 cal |
| ½ cup oatmeal | 73 cal |

Lunch (Meal 2)

| | |
|--|----------------|
| 4 oz. oven-roasted turkey breast in a medium whole-wheat pita with ½ cup each lettuce, cucumber and tomato, and 2 tsp. of mustard | 252 cal |
| 1 cup each carrots and celery with 2 tbsp. hummus | 117 cal |
| 1 medium pear | 96 cal |
| ½ oz. (approx. 11) unsalted almonds | 82 cal |

Dinner (Meal 3)

| | |
|--|----------------|
| Salmon with Red Pepper Salsa (See recipe on pg. 36) | 206 cal |
| ½ cup wild rice with ½ oz. raisins | 125 cal |
| 2 cups steamed bok choy | 18 cal |
| 2 cups air-popped popcorn drizzled with ½ tbsp. olive oil and chili pepper | 122 cal |

Calories
Values are
approximate

Total Calories
1601

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 2. day 13

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

Healthy parfait.....**482** cal
(1 cup high-fiber cereal mixed with 6 oz. non-fat plain Greek yogurt,
½ cup each chopped cherries and mixed berries and
1 tbsp. each unsalted sunflower seeds and walnuts)

Lunch (Meal 2)

Tuna sandwich.....**338** cal
(1 whole-wheat pita, ½ can water-packed tuna, 1 tbsp. low-fat
mayonnaise, ¼ avocado, and ½ cup each tomato and shredded lettuce)
½ cup low-fat plain cottage cheese with a small banana.....**171** cal

Dinner (Meal 3)

Cornflaked Chicken (See recipe on pg. 34)**411** cal
1 cup each steamed carrots and red cabbage with 1 oz. raisins.....**158** cal

Calories
Values are
approximate

Total Calories
1560

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 2. day 14

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|---|----------------|
| Cinnamon French Toast (See recipe on pg. 34) with 1 tbsp. pure maple syrup..... | 279 cal |
| 1 grapefruit..... | 82 cal |
| 1 cup skim milk..... | 83 cal |

Lunch (Meal 2)

| | |
|---|----------------|
| Bean salad..... | 491 cal |
| (1/4 cup each low-sodium chickpeas, kidney beans, lentils and sliced black olives with 1/2 cup each diced cucumber, tomato and red pepper, tossed with 3 tbsp. lemon juice and ground pepper) | |
| 1/2 cup sweet potato, baked and sprinkled with cinnamon..... | 90 cal |

Dinner (Meal 3)

| | |
|---|----------------|
| Veggie stir fry with tofu served over 1/2 cup whole-wheat noodles..... | 486 cal |
| (5 oz. firm tofu, 1 medium zucchini, chopped, 1 cup each bean sprouts, broccoli and carrots, 1 tbsp. chopped shallots, 1 clove garlic, 1 tbsp. olive oil) | |

Calories
Values are
approximate

Total Calories
1511

week 1

week 2

week 3

week 4

HYDROXYCUT®

1 month meal plan



week 3: shopping list

NOTE: Some items you may already have or have purchased for previous weeks, so check out your cupboards before heading to the grocery store.

Poultry/Meat/Fish/ Legumes/Nuts

- ☐ almonds
- ☐ canned tuna in water (low sodium)
- ☐ extra-lean ground turkey
- ☐ grilled salmon
- ☐ lean beef tenderloin
- ☐ low-fat oven-roasted turkey breast
- ☐ natural peanut butter
- ☐ shrimp
- ☐ skinless chicken breast
- ☐ unsalted sunflower seeds
- ☐ walnuts

Spices and Condiments

- ☐ 100% pure maple syrup
- ☐ balsamic vinegar
- ☐ black olives
- ☐ cinnamon
- ☐ Dijon mustard
- ☐ garlic
- ☐ hummus
- ☐ lemon juice
- ☐ low-fat mayonnaise
- ☐ low-sodium soy sauce
- ☐ low-sodium/low-sugar teriyaki sauce
- ☐ mustard
- ☐ olive oil
- ☐ oregano
- ☐ pepper
- ☐ plain tomato sauce
- ☐ salsa

Fruits and Vegetables

- ☐ apples
- ☐ asparagus
- ☐ avocado
- ☐ bananas
- ☐ brussels sprouts
- ☐ butternut squash
- ☐ carrots
- ☐ celery
- ☐ cherries
- ☐ cherry tomatoes
- ☐ corn
- ☐ cucumbers
- ☐ frozen strawberries
- ☐ garlic
- ☐ green onions
- ☐ green peppers
- ☐ mixed salad greens
- ☐ mushrooms
- ☐ parsley
- ☐ pears
- ☐ raspberries
- ☐ red onions
- ☐ red peppers
- ☐ strawberries
- ☐ spinach
- ☐ sweet potatoes
- ☐ tomatoes
- ☐ turnips
- ☐ zucchini

Grains and Breads

- ☐ couscous
- ☐ high-fiber, low-sugar cereal
- ☐ quinoa
- ☐ regular oatmeal
- ☐ unsalted crackers (whole wheat or rye)
- ☐ whole-grain bread
- ☐ whole-grain tortillas
- ☐ whole-wheat pitas
- ☐ whole-wheat spaghetti

Dairy/Eggs

- ☐ eggs (whole)
- ☐ egg whites
- ☐ low-fat cheese (mozzarella)
- ☐ low-fat cottage cheese
- ☐ low-fat feta cheese
- ☐ low-fat skim milk
- ☐ non-fat plain Greek yogurt
- ☐ non-fat plain yogurt

Other

- ☐ non-stick cooking spray

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 3. day 15

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|--|---------|
| Oatmeal pancake..... | 417 cal |
| (Mix 1 cup egg whites and ½ cup oats (raw) with 1 cup blueberries and cook [like a pancake] in a pan on medium heat until thoroughly cooked. Top with 1 tbsp. maple syrup) | |
| ½ cup skim milk..... | 42 cal |
| ½ oz. (approx. 11) unsalted almonds..... | 82 cal |

Lunch (Meal 2)

| | |
|---|---------|
| 4 oz. oven-roasted turkey breast in a medium whole-wheat pita with ½ cup each lettuce, cucumber and tomato, and 2 tsp. mustard..... | 252 cal |
| 1 cup each carrots and celery with 2 tbsp. hummus | 117 cal |
| 1 medium pear..... | 96 cal |

Dinner (Meal 3)

| | |
|---|---------|
| 5 oz. grilled salmon with 1 tbsp. lemon juice and herbs | 200 cal |
| ¾ cup cooked couscous | 132 cal |
| Sautéed asparagus and cherry tomatoes | 198 cal |
| (1 cup each asparagus and cherry tomatoes, sautéed with 1 garlic clove and 1 tbsp. each olive oil and balsamic vinegar) | |

Calories
Values are
approximate

Total Calories
1536

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 3. day 16

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|--|----------------|
| 1 cup of oatmeal with ½ cup raspberries and 1 tbsp. crushed walnuts..... | 270 cal |
| 5 egg whites with ½ cup each spinach and mushrooms | 97 cal |
| 1 cup skim milk..... | 83 cal |

Lunch (Meal 2)

| | |
|---|----------------|
| Greek chicken salad..... | 559 cal |
| (3 cups mixed greens, 3 cups mixed veggies [tomatoes, cucumber, green pepper and red onion], 1 oz. feta cheese, ½ cup black olives, 3 oz. grilled chicken breast tossed with 1 tbsp. olive oil, 2 tbsp. lemon juice and a dash of pepper) | |

Dinner (Meal 3)

| | |
|--|----------------|
| 4 oz. grilled skinless chicken breast with 2 tbsp. salsa..... | 231 cal |
| Sautéed asparagus and cherry tomatoes | 316 cal |
| (all sliced thick – ½ medium sweet potato, ¾ cup turnip, 1 medium zucchini, 1 cup each brussels sprouts and red pepper with 1 tbsp. olive oil) | |

Calories
Values are
approximate

Total Calories
1556

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 3. day 17

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|--|----------------|
| 4 egg whites scrambled with 1 egg yolk mixed with 2 tbsp. salsa, | |
| 1 cup of spinach and tomatoes and 1 oz. low-fat mozzarella cheese..... | 206 cal |
| 2 slices of whole-grain toast | 150 cal |
| 1 pear | 96 cal |

Lunch (Meal 2)

| | |
|--|----------------|
| 1 cup flaked tuna on 1 whole-wheat tortilla with 1 tbsp. low-fat mayonnaise..... | 206 cal |
| 2 cups mixed salad greens with 1 tbsp. balsamic vinegar..... | 33 cal |
| 1 cup non-fat plain yogurt with 1 cup berries and ½ oz. almonds | 267 cal |

Dinner (Meal 3)

| | |
|---|----------------|
| Shepherd's Pie mash..... | 426 cal |
| (combine 4 oz. cooked ground turkey with ½ cup cooked mashed sweet potato, ½ cup chopped green pepper and ¼ cup corn; sprinkle with cinnamon) | |
| 1 cup mixed salad greens with 1 tbsp. balsamic vinegar | 23 cal |
| 1 cup unsweetened applesauce with a dash of cinnamon | 105 cal |

Calories
Values are
approximate

Total Calories
1512

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 3. day 18

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|--|----------------|
| 2 slices whole-wheat toast topped with 2 tbsp. peanut butter | 338 cal |
| 1 medium banana | 105 cal |
| 1 cup skim milk | 83 cal |

Lunch (Meal 2)

| | |
|---|----------------|
| Pita pizza..... | 448 cal |
| (one whole-wheat pita with ½ cup tomato sauce, 2 oz. low-fat mozzarella, 1 cup chopped veggies [mushrooms, red and green pepper, onion], 2 oz. grilled skinless chicken breast) | |
| 1 medium apple | 72 cal |

Dinner (Meal 3)

| | |
|---|----------------|
| 4 oz. of lean beef tenderloin grilled with 1 oz. diced onions and | |
| 1 cup mushrooms..... | 258 cal |
| ¼ cup quinoa | 159 cal |
| 2 cups steamed broccoli..... | 60 cal |

Calories
Values are
approximate

Total Calories
1523

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 3. day 19

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|--|----------------|
| Cinnamon French Toast (See recipe on pg. 34) with 1 tbsp. pure maple syrup | 279 cal |
| 1 banana..... | 90 cal |
| 1 cup skim milk..... | 83 cal |

Lunch (Meal 2)

| | |
|---|----------------|
| 1 cup flaked tuna on 1 whole-wheat tortilla with 1 tbsp. low-fat mayonnaise | 299 cal |
| 2 cups mixed salad greens with 1 tbsp. balsamic vinegar | 33 cal |
| 1 cup non-fat plain yogurt with 1 cup sliced pear | 250 cal |

Dinner (Meal 3)

| | |
|--|----------------|
| 1 cup whole-wheat spaghetti noodles mixed with 1 cup tomato sauce, 1 cup mushrooms and 2 oz. diced onions | 343 cal |
| 3 oz. grilled skinless chicken breast..... | 166 cal |

Calories
Values are
approximate

Total Calories
1543

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 3. day 20

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

Healthy parfait **482** cal
(1 cup high-fiber cereal, mixed with 6 oz. non-fat plain Greek yogurt,
½ cup each chopped cherries and mixed berries and 1 tbsp. each
unsalted sunflower seeds and walnuts)

Lunch (Meal 2)

4 oz. cooked shrimp on top of mixed greens **422** cal
(3 cups mixed greens, 1 cup each diced cucumber, tomato and
red peppers, ½ cup diced celery and ¼ avocado tossed in
½ tbsp. olive oil and 2 tbsp. lemon juice)
5 unsalted crackers (whole wheat or rye) **47** cal
1 medium apple **72** cal

Dinner (Meal 3)

Chicken Kebabs (See recipe on pg. 33) **427** cal
½ cup mashed sweet potato **117** cal

Calories
Values are
approximate

Total Calories
1567

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 3. day 21

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|---|----------------|
| 4 egg whites scrambled with 1 egg yolk, mixed with 2 tbsp. salsa, 1 cup spinach and tomatoes and 1 oz. low-fat mozzarella cheese | 206 cal |
| 2 slices whole-grain toast..... | 150 cal |
| 1 pear | 96 cal |

Lunch (Meal 2)

| | |
|---|----------------|
| Pita pizza..... | 448 cal |
| (one whole-wheat pita with ½ cup tomato sauce, 2 oz. low-fat mozzarella, 1 cup chopped veggies [mushrooms, red and green pepper, onion], 2 oz. grilled skinless chicken breast) | |
| 1 medium apple..... | 72 cal |

Dinner (Meal 3)

| | |
|--|----------------|
| 6 oz. grilled salmon with 1 tbsp. teriyaki sauce | 249 cal |
| Roasted vegetables..... | 316 cal |
| (All sliced thick – ½ medium sweet potato, ¾ cup turnip, 1 medium zucchini, 1 cup each brussels sprouts and red pepper with 1 tbsp. olive oil) | |

Calories
Values are
approximate

Total Calories
1537

week 1

week 2

week 3

week 4

HYDROXYCUT®

1 month meal plan



week 4: shopping list

NOTE: Some items you may already have or have purchased for previous weeks, so check out your cupboards before heading to the grocery store.

Poultry/Meat/Fish/ Legumes/Nuts

- ☐ canned tuna in water
- ☐ firm tofu
- ☐ halibut
- ☐ legumes for three-bean salad (low-sodium garbanzo beans/chickpeas, kidney beans, lentils)
- ☐ low-fat oven-roasted turkey breast slices
- ☐ natural peanut butter
- ☐ salmon
- ☐ sirloin steak
- ☐ skinless chicken breasts
- ☐ skinless turkey breast
- ☐ walnuts
- ☐ unsalted almonds
- ☐ unsalted sunflower seeds

Spices and Condiments

- ☐ 100% pure maple syrup
- ☐ balsamic vinegar
- ☐ cinnamon
- ☐ cornstarch
- ☐ garlic
- ☐ hummus
- ☐ lemon juice
- ☐ low-fat mayonnaise
- ☐ low-sugar barbecue sauce
- ☐ mustard

- ☐ nutmeg
- ☐ olive oil
- ☐ oregano
- ☐ pepper
- ☐ plain tomato sauce
- ☐ salsa
- ☐ teriyaki sauce
- ☐ unsweetened applesauce

Dairy/Eggs

- ☐ egg whites
- ☐ low-fat cottage cheese
- ☐ low-fat feta cheese
- ☐ non-fat plain yogurt
- ☐ non-fat plain Greek yogurt
- ☐ skim milk

Fruits and Vegetables

- ☐ apples
- ☐ asparagus
- ☐ avocado
- ☐ bananas
- ☐ bean sprouts
- ☐ black olives
- ☐ blueberries
- ☐ broccoli
- ☐ brussels sprouts
- ☐ carrots
- ☐ cauliflower
- ☐ celery

- ☐ cherries
- ☐ cucumbers
- ☐ green and red peppers
- ☐ green onion
- ☐ green string beans
- ☐ honeydew melon
- ☐ mixed berries
- ☐ mixed salad greens
- ☐ mushrooms
- ☐ onions
- ☐ pears
- ☐ radishes
- ☐ spinach
- ☐ sweet potatoes
- ☐ tomatoes
- ☐ turnip
- ☐ zucchini

Grains and Breads

- ☐ brown rice
- ☐ high-fiber cereal
- ☐ oatmeal (not instant)
- ☐ whole-grain/whole-wheat bread
- ☐ whole-wheat pasta
- ☐ whole-wheat pitas
- ☐ wild rice

Other

- ☐ dried cranberries

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 4. day 22

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|---|---------|
| Blueberry Blitz (See recipe on pg. 33) | 510 cal |
| ½ cup cooked oatmeal with a dash of cinnamon..... | 73 cal |

Lunch (Meal 2)

| | |
|--|---------|
| Tuna and avocado sandwich..... | 347 cal |
| (2 slices whole-wheat bread, ½ can tuna with 1 tbsp. low-fat mayonnaise, ¼ avocado, 1 slice of tomato and ½ cup spinach) | |
| 2 cups of celery and cucumber with 2 tbsp. hummus | 86 cal |

Dinner (Meal 3)

| | |
|---|---------|
| 6 oz. grilled sirloin steak with 1 tbsp. barbecue sauce | 332 cal |
| 2 cups roasted zucchini..... | 58 cal |
| 2 cups mixed salad greens with 1 tbsp. each olive oil and balsamic vinegar..... | 152 cal |

Calories
Values are
approximate

Total Calories
1558

week 1

week 2

week 3

week 4

HYDROXYCUT®

1 month meal plan

week 4. day 23

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|--|---------|
| 1 cup cooked oatmeal mixed with $\frac{3}{4}$ cup mixed berries and 1 tbsp. unsalted walnuts..... | 274 cal |
| 1 cup skim milk..... | 83 cal |
| 5 scrambled egg whites with $\frac{1}{2}$ tbsp. olive oil, $\frac{1}{2}$ cup spinach and $\frac{1}{4}$ cup chopped mushrooms | 152 cal |

Lunch (Meal 2)

| | |
|---|---------|
| Bean salad..... | 491 cal |
| ($\frac{1}{4}$ cup each low-sodium chickpeas, kidney beans, lentils and sliced black olives with $\frac{1}{2}$ cup each diced cucumber, tomato and red pepper tossed with 3 tbsp. lemon juice and ground pepper) | |
| 1 medium apple | 72 cal |

Dinner (Meal 3)

| | |
|--|---------|
| 4 oz. grilled skinless turkey breast..... | 214 cal |
| Sweet potato fries..... | 196 cal |
| (made with 1 medium sweet potato, $\frac{1}{2}$ tbsp. olive oil, a dash of oregano and nutmeg) | |
| 1 cup green beans, steamed | 34 cal |

Calories
Values are
approximate

Total Calories
1516

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 4. day 24

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|--|----------------|
| Oatmeal pancake | 417 cal |
| (Mix 1 cup egg whites and ½ cup oats (raw) with 1 cup blueberries and cook [like a pancake] in a pan on medium heat until thoroughly cooked. Top with 1 tbsp. maple syrup) | |
| 1 cup skim milk..... | 83 cal |

Lunch (Meal 2)

| | |
|---|----------------|
| Whole-wheat pita with 4 oz. low-fat/low-sodium turkey breast, with 2 cups spinach and shredded carrots and radishes and 1 tbsp. mustard | 280 cal |
| ¾ cup low-fat plain cottage cheese with 1 cup honeydew melon | 142 cal |
| 1 oz. unsalted almonds | 164 cal |

Dinner (Meal 3)

| | |
|---|----------------|
| 5 oz. grilled halibut..... | 198 cal |
| ½ cup cooked wild rice | 83 cal |
| ½ cup non-fat plain yogurt with 1 cup mixed berries | 117 cal |

Calories
Values are
approximate

Total Calories
1484

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 4. day 25

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|---|----------------|
| 1 cup high-fiber cereal..... | 148 cal |
| 6 oz. non-fat plain Greek yogurt..... | 100 cal |
| ½ cup each mixed berries, banana and pear | 139 cal |
| ½ oz. unsalted walnuts | 93 cal |

Lunch (Meal 2)

| | |
|---|----------------|
| Tuna sandwich | 338 cal |
| (1 whole-wheat pita, ½ can water-packed tuna, 1 tbsp. low-fat mayonnaise, ¼ avocado, ½ cup each tomato and shredded lettuce) | |
| ½ cup cottage cheese with a small banana | 159 cal |

Dinner (Meal 3)

| | |
|---|----------------|
| 1 cup cooked brown rice topped with 4 oz. grilled skinless chicken breast, 2 tbsp. salsa and 2 cups chopped, steamed asparagus | 513 cal |
| ½ cup unsweetened applesauce with a dash of cinnamon | 53 cal |

Calories
Values are
approximate

Total Calories
1543

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 4. day 26

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|---|---------|
| 1 cup cooked oatmeal mixed with $\frac{3}{4}$ cup mixed berries and | |
| 1 tbsp. unsalted walnuts..... | 274 cal |
| 1 cup skim milk..... | 83 cal |
| 5 cooked egg whites with $\frac{1}{2}$ tbsp. olive oil, $\frac{1}{2}$ cup spinach and $\frac{1}{4}$ cup | |
| chopped mushrooms..... | 152 cal |

Lunch (Meal 2)

| | |
|---|---------|
| 2 cups mixed greens topped with 1 cup each chopped cucumbers and | |
| tomatoes, $\frac{1}{2}$ cup each chickpeas and diced apple with 1 oz. dried | |
| cranberries and 1 tbsp. balsamic vinegar | 341 cal |
| 4 oz. grilled skinless chicken breast | 222 cal |

Dinner (Meal 3)

| | |
|---|---------|
| Veggie stir fry with tofu served over $\frac{1}{2}$ cup whole-wheat noodles | 486 cal |
| (5 oz. firm tofu, 1 medium zucchini, chopped, 1 cup each bean sprouts, | |
| broccoli, carrots, 1 tbsp. chopped shallots, 1 clove garlic, 1 tbsp. olive oil) | |

Calories
Values are
approximate

Total Calories
1558

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 4. day 27

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

| | |
|---|----------------|
| 2 slices whole-wheat toast topped with 2 tbsp. peanut butter..... | 338 cal |
| 1 medium banana..... | 105 cal |
| ½ cup skim milk..... | 42 cal |

Lunch (Meal 2)

| | |
|--|----------------|
| 1 mashed sweet potato..... | 234 cal |
| 4 oz. grilled skinless chicken breast with 1 tbsp. barbecue sauce..... | 243 cal |
| 1 cup steamed broccoli | 30 cal |

Dinner (Meal 3)

| | |
|--|----------------|
| 6 oz. grilled salmon with 1 tbsp. teriyaki sauce | 249 cal |
| Roasted vegetable | 316 cal |
| (All sliced thick – ½ medium sweet potato, ¾ cup turnip, 1 medium zucchini, 1 cup each brussels sprouts and red pepper with 1 tbsp. olive oil) | |

Calories
Values are
approximate

Total Calories
1557

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

week 4. day 28

Take one serving of Pro Clinical Hydroxycut 30 minutes before each meal.
Carefully read the entire label before use and follow all directions.

Breakfast (Meal 1)

Healthy parfait **482** cal
(1 cup high-fiber cereal, mixed with 6 oz. non-fat plain Greek yogurt,
½ cup each chopped cherries and mixed berries and 1 tbsp. each
unsalted sunflower seeds and walnuts)

Lunch (Meal 2)

Greek chicken salad **559** cal
(3 cups mixed greens, 3 cups mixed veggies [tomatoes, cucumber,
green pepper and red onion], 1 oz. feta cheese, ½ cup black olives,
and 3 oz. grilled chicken breast tossed with 1 tbsp. olive oil,
2 tbsp. lemon juice and a dash of pepper)

Dinner (Meal 3)

1 cup whole-wheat spaghetti noodles mixed with 1 cup tomato sauce,
1 cup mushrooms and 2 oz. diced onions **343** cal
3 oz. grilled skinless chicken breast **166** cal

Calories
Values are
approximate

Total Calories
1550

week 1

week 2

week 3

week 4

HYDROXYCUT[®]

1 month meal plan

recipes

blueberry blitz

Prep Time: 3 to 5 min. **Cooking Time:** 15 to 20 min. **Servings:** 1

Ingredients:

- 6 egg whites
- 1 cup low-fat cottage cheese
- 3 tbsp. cornstarch
- 1 tsp. cinnamon (optional)
- 1 cup fresh or frozen blueberries
- non-stick cooking spray

Directions:

1. Preheat the oven to 200°F.
2. In a medium-sized mixing bowl, beat the egg whites with a whisk until foamy and thick.
3. Add the cottage cheese and cornstarch. Mix well. Stir in the cinnamon (optional).
4. Divide the mixture evenly into 4 separate batches.
5. Coat a small baking pan with a non-stick cooking spray. Spread one batch of the mixture evenly over the bottom of the pan.
6. Cook for 3 to 4 minutes. Remove and place on plate.
7. Repeat for remaining 3 batches.
8. Spread each wrap with blueberries and roll up to enjoy.

chicken kebabs

Prep Time: 30 min. (marinate 1 to 4 hours) **Cooking Time:** 10 to 20 min. **Servings:** 4

Ingredients:

- 1 tbsp. low-sodium soy sauce
- 1 tbsp. balsamic vinegar
- 1 oz. parsley
- 1 tsp. garlic
- 1 tbsp. oregano
- 1 tbsp. olive oil
- 4 chopped 6 oz. boneless, skinless chicken breasts
- 1 cup of chopped mushrooms
- 1 cup cherry tomatoes
- 1 red onion, cut into eighths
- 1 cup chopped green onion

Directions:

1. Rinse chicken with cold water prior to preparation.
2. Combine the first seven ingredients in a cooking bowl. Add chicken and marinate for 1 to 4 hours.
3. Thread chicken onto skewers, alternating with other veggies. Barbecue, basting often, for about 10 minutes or until done.
4. Serve alone or on a bed of rice.



Nutritional Facts Per Serving

Total Calories 510
Protein 50g (218 cal)
Carbs 67g (265 cal)
Fat 3g (27 cal)

Values are approximate



Nutritional Facts Per Serving

Total Calories 427
Protein 54g (225 cal)
Carbs 27g (50 cal)
Fat 17g (152 cal)

Values are approximate

be **thinner** in
30 days
starter plan

HYDROXYCUT[®]

1 month meal plan

recipes

cinnamon french toast

Prep Time: 3 to 5 min. **Cooking Time:** 2 to 3 min. **Servings:** 1

Ingredients:

- 4 egg whites
- 1 tsp. ground cinnamon
- ¼ cup skim milk
- 2 slices whole-wheat bread

Directions:

1. Whisk together eggs, milk, and cinnamon in a medium-sized bowl.
2. Spray griddle or large frying pan with cooking spray. Preheat at a medium to medium-high heat.
3. Soak the bread slices in egg mixture until moistened. Place bread slice on griddle or frying pan.
4. Grill until bottom of bread is browned and then flip with spatula to the other side.
5. Serve warm with sprinkled cinnamon (optional).



Nutritional Facts Per Serving

| | |
|----------------|---------------|
| Total Calories | 227 |
| Protein | 22g (95 cal) |
| Carbs | 29g (113 cal) |
| Fat | 2.2g (19 cal) |

Values are approximate

cornflaked chicken

Prep Time: 3 to 5 min. **Cooking Time:** 35 to 45 min. **Servings:** 4

Ingredients:

- 2 cups crushed cornflakes
- 4 boneless, skinless 6 oz. chicken breasts
- 1 tbsp. garlic powder
- 4 egg whites
- 1 green onion, chopped
- non-stick cooking spray
- 1 tsp. red pepper flakes
- 1 tsp. pepper

Directions:

1. Preheat oven to 375°F.
2. Rinse chicken with cold water prior to preparation.
3. Combine crushed cornflakes, garlic powder, green onion, pepper flakes, and pepper in a medium-sized mixing bowl.
4. Coat chicken breasts with egg whites and drag them through the cornflake mixture.
5. Spray baking dish with non-stick cooking spray.
6. Bake in oven for 35 to 45 minutes.



Nutritional Facts Per Serving

| | |
|----------------|---------------|
| Total Calories | 411 |
| Protein | 55g (211 cal) |
| Carbs | 15g (105 cal) |
| Fat | 14g (95 cal) |

Values are approximate

be **thinner** in
30 days
starter plan

HYDROXYCUT[®]

1 month meal plan

recipes

herb chicken and broccoli

Prep Time: 30 min. (marinate 1 to 4 hours) **Cooking Time:** 10 to 20 min. **Servings:** 4

Ingredients:

- 3 tbsp. olive oil
- 1 grated lemon with juice
- 2 chopped garlic cloves
- 1 tsp. oregano
- 1 tsp. thyme
- 1 dash black pepper
- 2 slices whole-wheat bread
- 4 boneless, skinless 6 oz. chicken breasts
- 1 cup of broccoli
- non-stick cooking spray

Directions:

1. Rinse chicken with cold water prior to preparation.
2. Combine oil with lemon, garlic, oregano, thyme, and pepper. Pour marinade over chicken and cover well. Refrigerate and place in sealed container overnight.
3. Spray non-stick pan with non-stick cooking spray. When pan is thoroughly heated, add chicken. Pour remaining marinade over the chicken.
4. Cook chicken through on each side until no longer pink.
5. Add chopped broccoli and cook for at least 3 minutes.

marinated and spiced cod

Prep Time: 5 min. (marinate 20min.) **Cooking Time:** 20 to 25 min. **Servings:** 2

Ingredients:

- 6 oz. cod
- 1 tbsp. low-sodium soy sauce
- ¼ cup water
- 1 ½ tbsp. olive oil
- ½ tsp. thyme
- 1 tsp. crushed red pepper flakes
- 1 tsp. allspice
- ¼ tsp. pepper
- lemon wedges

Directions:

1. Rinse cod with cold water prior to preparation.
2. Preheat oven to 450°F.
3. Blend soy sauce, water, olive oil, thyme, red pepper flakes, and allspice together in an oven-safe casserole dish.
4. Add cod and allow to marinate for 20 minutes.
5. Remove cod and drain excess marinade from dish.
6. Bake fish for 20 to 25 minutes.
7. Before serving, add salt, pepper and lemon wedges to dish.6. Bake in oven for 35 to 45 minutes.



Nutritional Facts Per Serving

| | |
|----------------|---------------|
| Total Calories | 438 |
| Protein | 51g (217 cal) |
| Carbs | 4g (12 cal) |
| Fat | 23g (209 cal) |

Values are approximate



Nutritional Facts Per Serving

| | |
|----------------|---------------|
| Total Calories | 281 |
| Protein | 17g (71 cal) |
| Carbs | 9g (36 cal) |
| Fat | 20g (174 cal) |

Values are approximate

be **thinner** in
30 days
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HYDROXYCUT[®]

1 month meal plan

recipes

salmon with red pepper salsa

Prep Time: 10 min. **Cooking Time:** 20 min. **Servings:** 2

Salmon Ingredients:

- 8 oz. salmon portions
- a dash of pepper
- 1 tsp. lemon juice

Red Pepper Salsa Ingredients:

- 1 cup chopped red peppers

- 2 medium celery stalks, diced
- ¼ cup minced red onion
- 1 minced jalapeño chili pepper
- ½ cup chopped green onions
- 1 tbsp. fresh lemon juice
- ½ tsp. sugar

Directions:

1. Rinse salmon with cold water prior to preparation.
2. Prepare salmon by grilling in skillet over low heat. Mix in pepper and lemon juice.
3. Prepare red pepper salsa in small bowl by combining all salsa ingredients; stir until well blended. Makes about 2 cups salsa.

Nutritional Facts Per Serving

Total Calories 206
Protein 28g (118 cal)
Carbs 11g (41 cal)
Fat 5g (47 cal)

Values are approximate



taco salad

Prep Time: 5 to 10 min. **Cooking Time:** 10 to 15 min. **Servings:** 1

Ingredients:

- 3 oz. lean ground turkey
- ½ oz. chopped onions
- ¼ packet taco seasoning mix
- 2 tbsp. salsa
- ¼ cup diced tomato
- 2 cups shredded lettuce
- 1 oz. low-fat cheddar cheese
- ½ oz. low-fat sour cream (optional)
- 1 crushed taco shell

Directions:

1. Brown meat and onion, and drain.
2. Stir in seasoning mix, and bring to a boil.
3. Reduce heat to low, and let simmer for 10 minutes.
4. Mix all ingredients over shredded lettuce, and enjoy.

Nutritional Facts Per Serving

Total Calories 414
Protein 37g (71 cal)
Carbs 34g (36 cal)
Fat 14g (174 cal)

Values are approximate



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30 days
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HYDROXYCUT[®]

1 month meal plan

recipes

tuna pasta salad

Prep Time: 12 to 15 min. **Cooking Time:** 5 to 10 min. **Servings:** 6

Ingredients:

- ¾ cup low-fat mayonnaise
- ¼ cup skim milk
- 1 tbsp. lemon juice
- a dash of pepper
- 1 tsp. thyme
- 1 cup of drained tuna
- 1 cup grated carrot
- ¼ cup chopped onion
- ½ cup diced celery
- ½ cup green peas
- 2 cups of cooked and drained rigatoni pasta

Directions:

1. Whisk together mayonnaise, milk, lemon juice, pepper and thyme.
2. Combine with tuna, carrots, onion, celery and green peas.
3. Pour and toss over cooked pasta.
4. Refrigerate any leftovers.



Nutritional Facts Per Serving

| | |
|----------------------|--------------|
| Total Calories | 185 |
| Protein | 10g (41 cal) |
| Carbs | 22g (86 cal) |
| Fat | 6g (58 cal) |

Values are approximate

be **thinner** in
30 days
starter plan