

**HYDROXYCUT<sup>®</sup>**

1 month **meal plan**

be **thinner** in  
**30 days**  
starter plan



**HYDROXYCUT<sup>®</sup>**

1 month **meal plan**

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be **thinner** in  
**30 days**  
starter plan

# HYDROXYCUT<sup>®</sup>

## 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

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## 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 .....	<b>358</b> 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 .....	<b>75</b> cal
1 medium apple .....	<b>72</b> cal

#### Lunch (Meal 2)

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

#### Dinner (Meal 3)

4 oz. skinless chicken breast with 1 tbsp. barbecue sauce .....	<b>243</b> cal
1 medium sweet potato .....	<b>136</b> cal
2 cups green string beans .....	<b>68</b> cal

Calories  
Values are approximate

Total Calories  
**1534**

week 1

week 2

week 3

week 4

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## 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 ¾ cup mixed berries and 1 tbsp. unsalted walnuts.....	274 cal
1 cup skim milk.....	83 cal
5 cooked egg whites with ½ tbsp. olive oil, ½ cup spinach and ¼ cup chopped mushrooms.....	152 cal

#### Lunch (Meal 2)

2 cups mixed greens topped with 1 cup each chopped cucumbers and tomatoes, ½ 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<sup>®</sup>

## 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 .....	<b>338</b> cal
1 medium banana .....	<b>105</b> cal
½ cup skim milk .....	<b>42</b> 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 .....	<b>271</b> cal
1 tbsp. low-fat mayonnaise .....	<b>36</b> cal
¾ cup low-fat plain cottage cheese with ½ cup sliced cantaloupe .....	<b>149</b> cal

#### Dinner (Meal 3)

6 oz. grilled salmon with 1 tbsp. teriyaki sauce .....	<b>243</b> 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) .....	<b>316</b> cal

Calories  
Values are  
approximate

Total Calories  
**1500**

week 1

week 2

week 3

week 4

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## 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 .....	<b>417</b> 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.....	<b>42</b> cal

#### Lunch (Meal 2)

Tuna and avocado sandwich.....	<b>347</b> 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 .....	<b>86</b> 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 .....	<b>513</b> cal
1 cup unsweetened applesauce with a dash of cinnamon.....	<b>105</b> cal

Calories  
Values are approximate

Total Calories  
**1510**

week 1

week 2

week 3

week 4

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## 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).....	<b>227</b> cal
1 medium apple.....	<b>72</b> cal
1 oz. (approx. 22) unsalted, unroasted almonds.....	<b>164</b> 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.....	<b>410</b> cal
½ cup non-fat plain yogurt with ½ cup mixed berries.....	<b>93</b> cal

#### Dinner (Meal 3)

Herb Chicken and Broccoli (See recipe on pg. 35).....	<b>438</b> cal
¾ cup cooked brown rice.....	<b>161</b> cal

Calories  
Values are  
approximate

Total Calories  
**1565**

week 1

week 2

week 3

week 4

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## 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

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## 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

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## 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

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## 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 .....	<b>364</b> cal
5 scrambled egg whites .....	<b>85</b> cal
1 cup skim milk.....	<b>83</b> cal

#### Lunch (Meal 2)

Grilled chicken sandwich.....	<b>387</b> 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.....	<b>183</b> cal

#### Dinner (Meal 3)

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

Calories  
Values are approximate

Total Calories  
**1507**

week 1

week 2

week 3

week 4

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## 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)	<b>309</b> cal
¾ cup low-fat cottage cheese with 1 oz. raisins .....	<b>207</b> 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)	<b>448</b> cal
1 medium apple .....	<b>72</b> 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)	<b>440</b> cal
1 cup steamed asparagus .....	<b>34</b> cal
½ cup brown rice.....	<b>107</b> cal

Calories  
Values are approximate

Total Calories  
**1617**

week 1

week 2

week 3

week 4

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## 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

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## 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

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## 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) .....	<b>510</b> cal
½ cup oatmeal .....	<b>73</b> 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 .....	<b>252</b> cal
1 cup each carrots and celery with 2 tbsp. hummus .....	<b>117</b> cal
1 medium pear .....	<b>96</b> cal
½ oz. (approx. 11) unsalted almonds .....	<b>82</b> cal

#### Dinner (Meal 3)

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

Calories  
Values are approximate

Total Calories  
**1601**

week 1

week 2

week 3

week 4

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## 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

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## 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.....	<b>279</b> cal
1 grapefruit.....	<b>82</b> cal
1 cup skim milk.....	<b>83</b> cal

#### Lunch (Meal 2)

Bean salad.....	<b>491</b> 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.....	<b>90</b> cal

#### Dinner (Meal 3)

Veggie stir fry with tofu served over 1/2 cup whole-wheat noodles.....	<b>486</b> 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

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## 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

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## 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.....	<b>417</b> 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.....	<b>42</b> cal
½ oz. (approx. 11) unsalted almonds.....	<b>82</b> 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.....	<b>252</b> cal
1 cup each carrots and celery with 2 tbsp. hummus.....	<b>117</b> cal
1 medium pear.....	<b>96</b> cal

#### Dinner (Meal 3)

5 oz. grilled salmon with 1 tbsp. lemon juice and herbs.....	<b>200</b> cal
¾ cup cooked couscous.....	<b>132</b> cal
Sautéed asparagus and cherry tomatoes.....	<b>198</b> 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

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## 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.....	<b>270</b> cal
5 egg whites with ½ cup each spinach and mushrooms .....	<b>97</b> cal
1 cup skim milk.....	<b>83</b> cal

#### Lunch (Meal 2)

Greek chicken salad.....	<b>559</b> 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 .....	<b>231</b> cal
Sautéed asparagus and cherry tomatoes .....	<b>316</b> 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

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## 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.....	<b>206</b> cal
2 slices of whole-grain toast .....	<b>150</b> cal
1 pear .....	<b>96</b> cal

#### Lunch (Meal 2)

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

#### Dinner (Meal 3)

Shepherd's Pie mash..... (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)	<b>426</b> cal
1 cup mixed salad greens with 1 tbsp. balsamic vinegar .....	<b>23</b> cal
1 cup unsweetened applesauce with a dash of cinnamon .....	<b>105</b> cal

Calories  
Values are  
approximate

Total Calories  
**1512**

week 1

week 2

week 3

week 4

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## 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 .....	<b>338</b> cal
1 medium banana .....	<b>105</b> cal
1 cup skim milk .....	<b>83</b> cal

#### Lunch (Meal 2)

Pita pizza.....	<b>448</b> 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 .....	<b>72</b> cal

#### Dinner (Meal 3)

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

Calories  
Values are approximate

Total Calories  
**1523**

week 1

week 2

week 3

week 4

# HYDROXYCUT<sup>®</sup>

## 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.....	<b>279</b> cal
1 banana.....	<b>90</b> cal
1 cup skim milk.....	<b>83</b> cal

#### Lunch (Meal 2)

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

#### Dinner (Meal 3)

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

Calories  
Values are  
approximate

Total Calories  
**1543**

week 1

week 2

week 3

week 4

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## 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<sup>®</sup>

## 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 .....	<b>206</b> cal
2 slices whole-grain toast.....	<b>150</b> cal
1 pear .....	<b>96</b> cal

#### Lunch (Meal 2)

Pita pizza.....	<b>448</b> 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.....	<b>72</b> cal

#### Dinner (Meal 3)

6 oz. grilled salmon with 1 tbsp. teriyaki sauce .....	<b>249</b> cal
Roasted vegetables.....	<b>316</b> 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

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## 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

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## 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) .....	<b>510</b> cal
½ cup cooked oatmeal with a dash of cinnamon.....	<b>73</b> cal

#### Lunch (Meal 2)

Tuna and avocado sandwich.....	<b>347</b> 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 .....	<b>86</b> cal

#### Dinner (Meal 3)

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

Calories  
Values are approximate

Total Calories  
**1558**

week 1

week 2

week 3

week 4

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## 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 ¾ cup mixed berries and 1 tbsp. unsalted walnuts.....	274 cal
1 cup skim milk.....	83 cal
5 scrambled egg whites with ½ tbsp. olive oil, ½ cup spinach and ¼ cup chopped mushrooms .....	152 cal

#### Lunch (Meal 2)

Bean salad.....	491 cal
(¼ cup each low-sodium chickpeas, kidney beans, lentils and sliced black olives with ½ 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, ½ 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

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## 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 .....	<b>417</b> 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.....	<b>83</b> 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 .....	<b>280</b> cal
¾ cup low-fat plain cottage cheese with 1 cup honeydew melon .....	<b>142</b> cal
1 oz. unsalted almonds .....	<b>164</b> cal

#### Dinner (Meal 3)

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

Calories  
Values are approximate

Total Calories  
**1484**

week 1

week 2

week 3

week 4

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## 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

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## 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 ¾ cup mixed berries and 1 tbsp. unsalted walnuts.....	274 cal
1 cup skim milk.....	83 cal
5 cooked egg whites with ½ tbsp. olive oil, ½ cup spinach and ¼ cup chopped mushrooms.....	152 cal

#### Lunch (Meal 2)

2 cups mixed greens topped with 1 cup each chopped cucumbers and tomatoes, ½ 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 ½ 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

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## 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.....	<b>338</b> cal
1 medium banana.....	<b>105</b> cal
½ cup skim milk.....	<b>42</b> cal

#### Lunch (Meal 2)

1 mashed sweet potato.....	<b>234</b> cal
4 oz. grilled skinless chicken breast with 1 tbsp. barbecue sauce.....	<b>243</b> cal
1 cup steamed broccoli.....	<b>30</b> cal

#### Dinner (Meal 3)

6 oz. grilled salmon with 1 tbsp. teriyaki sauce.....	<b>249</b> cal
Roasted vegetable.....	<b>316</b> 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

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## 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

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## 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.



##### Nutritional Facts Per Serving

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

*Values are approximate*

#### 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 ..... 427  
Protein ..... 54g (225 cal)  
Carbs ..... 27g (50 cal)  
Fat ..... 17g (152 cal)

*Values are approximate*

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**30 days**  
starter plan

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## 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

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## 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

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## 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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## 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*

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**30 days**  
starter plan