

SHAPE YOUR WEIGHT

VOLLARA 5-7-5 PLAN

5 Product, 7 Days, 5 Pounds



SAMPLE 7-DAY MEAL PLAN

Start each morning with a tall glass of room temperature **Living Water** to start the cleansing process to support your health and well being.

Each meal should be spaced approximately 2 hours apart to achieve optimal metabolism.

A Multi-vitamin is recommended daily.

SUNDAY

Breakfast

1 Serving of **Re:Vive**
4 scrambled egg whites-optional seasoning with salt and pepper
1 piece of whole grain toast or ½ cup of oatmeal

Snack

1 Packet of **Re:Place – Whey: Chocolate / Vanilla or Soy: Chocolate/Vanilla**

Lunch

1 Serving of **Re:Cleanse**
8oz glass of **Living Water**
1 Turkey or Chicken Breast Sandwich on whole grain bread with lettuce and tomato optional mustard and/or fat free mayonnaise
1 fruit (banana, apple, orange, pear)
1 – 2 Servings of **Re:Duce**
1 Serving of **Re:Activate**

Snack

1 Packet of **Re:Place – Whey: Chocolate / Vanilla or Soy: Chocolate/Vanilla**

Dinner

1 Serving of **Re:Cleanse**
8oz glass of **Living Water**
6 oz Steak
½ cup of brown rice, lightly seasoned
1 cup of steamed vegetables, lightly seasoned
1 – 2 Servings of **Re:Duce**

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MONDAY

Breakfast

1 Serving of **Re:Vive**
2 breakfast tacos: 4 egg whites scrambled with low fat cheese wrapped with 2 corn tortillas topped with salsa

Snack

½ of a banana and ¼ of mixed nuts
8oz of **Living Water**

Lunch

1 Serving of **Re:Cleanse**
8oz glass of **Living Water**
1 Salad: mixed greens, tomatoes, cucumbers, sprinkled low fat cheese and grilled chicken breast with light dressing
1 – 2 Servings of **Re:Duce**
1 Serving of **Re:Activate**

Snack

1 Packet of **Re:Place – Whey: Chocolate /Vanilla or Soy: Chocolate/Vanilla**

Dinner

8oz glass of **Living Water**
6 oz Grilled fish
½ cup of whole grain pasta
1 cup of stir-fried vegetables, lightly seasoned
1 – 2 Servings of **Re:Duce**

TUESDAY

Breakfast

1 Serving of **Re:Vive**
4 hard-boiled eggs, with the yolks removed
1 piece of whole grain toast or ½ cup of oatmeal

Snack

1 Packet of **Re:Place – Whey: Chocolate /Vanilla or Soy: Chocolate/Vanilla**

Lunch

1 Serving of **Re:Cleanse**
8oz glass of **Living Water**
1 Grilled cheese sandwich: 2 slices of low fat/fat free American cheese, whole grain bread – lightly spray pan with fat free cooking/baking spray
1 fruit (banana, apple, orange, pear)
1 – 2 Servings of **Re:Duce**
1 Serving of **Re:Activate**

Snack

1 Packet of **Re:Place – Whey: Chocolate /Vanilla or Soy: Chocolate/Vanilla**

Dinner

1 Serving of **Re:Cleanse**
8oz glass of **Living Water**
6 oz Chicken Breast
2-3oz boiled red potatoes, lightly seasoned
1 cup of steamed broccoli, lightly seasoned
1 – 2 Servings of **Re:Duce**

WEDNESDAY

Breakfast

1 Serving of **Re:Vive**
4 scrambled egg whites-optional seasoning with salt and pepper
1 cup of fruit (grapes, apples, melons)

Snack

1 cup Non-fat Yogurt or Low-fat Cottage Cheese
8oz of **Living Water**

Lunch

1 Serving of **Re:Cleanse**
8oz glass of **Living Water**
Tuna salad: 6 oz can of tuna, drained, mix with fat free mayonnaise, a handful of dried cranberries, served over a bed of spinach or mixed greens
1 – 2 Servings of **Re:Duce**
1 Serving of **Re:Activate**

Snack

1 Packet of **Re:Place – Whey: Chocolate /Vanilla or Soy: Chocolate/Vanilla**

Dinner

8oz glass of **Living Water**
6 oz of ground turkey, browned with tomato sauce served over
½ cup of whole grain pasta
½ cup of steamed vegetables, lightly seasoned
1 – 2 Servings of **Re:Duce**

THURSDAY

Breakfast

1 Serving of **Re:Vive**
Banana Oatmeal Pancake: 4 egg whites, ½ cup of dry oats, ½ tsp vanilla extract (batter)
Spray pan with fat free baking/cooking spray
Pour batter in pan, add in sliced bananas, and cook over low heat, flip and serve
Drizzle with sugar free syrup

Snack

1 Packet of **Re:Place – Whey: Chocolate /Vanilla or Soy: Chocolate/Vanilla**

Lunch

1 Serving of **Re:Cleanse**
8oz glass of **Living Water**
16 oz of lentil soup
1 cup of steamed vegetables – lightly seasoned
4 saltine crackers
1 – 2 Servings of **Re:Duce**
1 Serving of **Re:Activate**

Snack

1 Packet of **Re:Place – Whey: Chocolate /Vanilla or Soy: Chocolate/Vanilla**

Dinner

1 Serving of **Re:Cleanse**
8oz glass of **Living Water**
6 oz of Salmon or Tuna
4oz baked yam or sweet potato
small mixed salad with light vinaigrette
1 – 2 Servings of **Re:Duce**

FRIDAY

Breakfast

1 Serving of **Re:Vive**
4 scrambled egg whites-optional seasoning with salt and pepper
1/3 cup of granola with 1/3 cup of fresh berries

Snack

1 Packet of **Re:Place – Whey: Chocolate /Vanilla or Soy: Chocolate/Vanilla**

Lunch

1 Serving of **Re:Cleanse**
8oz glass of **Living Water**
1 bowl of red beans served over ½ cup of brown rice
small mixed green salad with balsamic vinaigrette
1 – 2 Servings of **Re:Duce**
1 Serving of **Re:Activate**

Snack

1 cup fat free air popped popcorn
1 low fat cheese stick
8oz glass of **Living Water**

Dinner

8oz glass of **Living Water**
4 oz Grilled Shrimp
1/3 cup of angel hair pasta – lightly drizzled with olive oil and grated Parmesan
5 slightly steamed or grilled asparagus – lightly seasoned
1 – 2 Servings of **Re:Duce**

SATURDAY

Breakfast

1 Serving of **Re:Vive**
1 cup of non-fat yogurt or low fat cottage cheese
1 cup of fruit (melon, pineapple)

Snack

1 Packet of **Re:Place – Whey: Chocolate /Vanilla or Soy: Chocolate/Vanilla**

Lunch

1 Serving of **Re:Cleanse**
8oz glass of **Living Water**
4 hardboiled egg whites, chopped
Over a bed of spinach with reduced fat feta cheese and ¼ cup of dried blueberries
Drizzle light raspberry vinaigrette
1 – 2 Servings of **Re:Duce**
1 Serving of **Re:Activate**

Snack

1 Packet of **Re:Place – Whey: Chocolate /Vanilla or Soy: Chocolate/Vanilla**

Dinner

1 Serving of **Re:Cleanse**
8oz glass of **Living Water**
6 oz Steak
½ cup of brown rice, lightly seasoned
1 cup of steamed vegetables, lightly seasoned
1 – 2 Servings of **Re:Duce**