

Errata

Page 46, Meal Map A:

Part 2, P.M. Snack: change to 1 serving of Protein, 1 serving of Healthy Fat

Page 50, Meal Map B:

Part 1, Lunch: change to 1 serving Protein, 2 servings Vegetables, 1 serving Fruit

Page 54, Meal Map C:

Part 1, Lunch: change to 1 serving Protein, 2 servings Vegetables, 2 servings Fruit

Part 2, Lunch and Dinner: change to 2 servings Protein, 2 servings Vegetables, 1 serving Healthy Fat

PLEASE FIND FULLY CORRECTED MEAL MAPS ON THE PAGES THAT FOLLOW

This chart shows you exactly what and how much you will be eating for each meal during parts 1 and 2:

MEAL MAP A

	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER
PART 1 (Monday–Thursday)	1 SERVING PROTEIN 1 SERVING VEGETABLES 1 SERVING FRUIT 1 SERVING GRAIN-BASED CARBS OR COMPLEX CARBS	1 SERVING FRUIT	1 SERVING PROTEIN 2 SERVINGS VEGETABLES 1 SERVING FRUIT	1 SERVING FRUIT	1 SERVING PROTEIN 1 SERVING VEGETABLES 1 SERVING COMPLEX CARBS (NOT GRAIN-BASED)
PART 2 (Friday–Sunday)	1 SERVING PROTEIN 1 SERVING VEGETABLES 1 SERVING FRUIT	1 SERVING FRUIT 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 1 SERVING VEGETABLES 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 1 SERVING VEGETABLES 1 SERVING HEALTHY FAT

This chart shows you exactly what and how much you will be eating for each meal during parts 1 and 2:

MEAL MAP B

	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER
PART 1 (Monday–Wednesday)	1 SERVING PROTEIN 2 SERVINGS VEGETABLES 1 SERVING FRUIT 1 SERVING GRAIN-BASED CARBS OR COMPLEX CARBS	1 SERVING FRUIT	1 SERVING PROTEIN 2 SERVINGS VEGETABLES 1 SERVING FRUIT	1 SERVING FRUIT	1 SERVING PROTEIN 2 SERVINGS VEGETABLES 1 SERVING COMPLEX CARBS (NOT GRAIN-BASED)
PART 2 (Thursday–Sunday)	2 SERVINGS PROTEIN 1 SERVING VEGETABLES 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 2 SERVINGS VEGETABLES 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 2 SERVINGS VEGETABLES 1 SERVING HEALTHY FAT

This chart shows you exactly what and how much you will be eating for each meal during parts 1 and 2:

MEAL MAP C

	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER
PART 1 (Monday–Wednesday)	2 SERVINGS PROTEIN 2 SERVINGS VEGETABLES 1 SERVING FRUIT 1 SERVING GRAIN-BASED CARB OR COMPLEX CARB	1 SERVING FRUIT	1 SERVING PROTEIN 2 SERVINGS VEGETABLES 2 SERVINGS FRUIT	2 SERVINGS FRUIT	2 SERVINGS PROTEIN 2 SERVINGS VEGETABLES 1 SERVING COMPLEX CARBOHYDRATES (NOT GRAIN-BASED)
PART 2 (Thursday–Sunday)	2 SERVINGS PROTEIN 2 SERVINGS VEGETABLES 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 1 SERVING HEALTHY FAT	2 SERVINGS PROTEIN 2 SERVINGS VEGETABLES 1 SERVING HEALTHY FAT	1 SERVING PROTEIN 1 SERVING HEALTHY FAT	2 SERVINGS PROTEIN 2 SERVINGS VEGETABLES 1 SERVING HEALTHY FAT