

MTN OPS

CONQUER

FITNESS



120 - 129 LBS

1200 CALORIES PER DAY

7 DAY MEAL PLAN

As dietary supplements take 1 Capsule of BLAZE, 2 Capsules of RENU, 1 Capsule of BIOTICS and 1 Scoop of ENDURO 30 minutes before breakfast. Take 1 Serving of AMMO every day for your AM Snack. Take 1 Capsule of BLAZE 30-45 minutes before lunch.

DAY 1

CONQUER FITNESS 1200 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	EACH	BREAD WHOLE WHEAT - SLICE	2.8	13.1	1.2	70
.5	CUP	EGG BEATERS	10	2	0	50
.5	EACH	GRAPEFRUIT - PINK OR RED 4" DIAM.	.6	11.9	.1	46
1	CAPSULE	MTN OPS BIOTIC - PROBIOTIC & PREBIOTIC				
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BUNER				
2	CAPSULE	MTN OPS RENU - GENTLE CLEANSE				
1	SCOOP	MTN OPS ENDURO - ENERGY AND FOCUS DRINK				
TOTALS:			13.4	27	1.3	166

AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
TOTALS:			19	6	4.5	140

LUNCH						
4	OUNCES	CHICKEN BREAST/WHITE MEAT	26	0	1.6	124
.25	CUP	CROUTONS - PLAIN	.9	5.5	.5	30.5
1	LARGE	SALAD - LRG GARDEN W/TOMATO & ONION	2.6	19	.8	98
4	TBLS	THOUSAND ISLAND - REDUCED CAL.	0	12	4	80
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
TOTALS:			29.5	36.5	6.9	332.5

PM SNACK						
10	1 CRACKER	CRACKERS, WHEAT, REGULAR	1.72	12.98	4.12	94.6
1	TBLS	MAYONNAISE - LOW FAT	0	4	1	25
3	OZ	WHITE TUNA	22.5	1.5	1.5	105
TOTALS:			24.22	18.48	6.62	224.6

DINNER						
1	SPEAR	BROCCOLI	5	4	1	40
5	OUNCES	CHICKEN BREAST/WHITE MEAT	32.5	0	2	155
.5	CUP	RICE - WHITE COOKED STEAMED	2.25	20.25	0	90
1	SMALL	SALAD - SM. GARDEN W/TOMATO, ONION	1.3	9.5	.4	49
2	TBLS	THOUSAND ISLAND - REDUCED CAL.	0	6	2	40
TOTALS:			41.05	39.75	5.4	374

DAY TOTALS:	127.17	127.73	24.72	1237.1
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DAY 2

CONQUER FITNESS 1200 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	EACH	CHEERIOS OAT & WHEAT, GEN MILLS	4.3	19.6	1.8	111
.5	CUP	MILK - SKIM, NO FAT	4.2	5.95	.2	43
1	CAPSULE	MTN OPS BIOTIC - PROBIOTIC & PREBIOTIC				
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BUNER				
2	CAPSULE	MTN OPS RENU - GENTLE CLEANSE				
1	SCOOP	MTN OPS ENDURO - ENERGY AND FOCUS DRINK				
TOTALS:			8.5	25.55	2	154
A M SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
TOTALS:			19	6	4.5	140
LUNCH						
3	OUNCES	CHICKEN BREAST/WHITE MEAT	19.5	0	1.2	93
1	LARGE	SALAD - LRG GARDEN W/TOMATO & ONION	2.6	19	.8	98
3	TBLS	THOUSAND ISLAND - REDUCED CAL.	0	9	3	60
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
TOTALS:			22.1	28	5	251
P M SNACK						
.5	CUP	COTTAGE CHEESE - 1% FAT	14	3.1	1.15	82
TOTALS:			14	3.1	1.15	82
DINNER						
2	SPEAR	BROCCOLI	10	8	2	80
1	CUP	RICE - WHITE COOK STEAMED	4.5	40.5	0	180
1	SMALL	SALAD - SM. GARDEN W/TOMATO, ONION	1.3	9.5	.4	49
1	OUNCES	SALMON - BROILED	25.08	0	14	233.32
3	TBLS	THOUSAND ISLAND - REDUCED CAL.	0	9	3	60
TOTALS:			40.88	67	19.4	602.32
DAY TOTALS:			104.48	129.65	32.05	1229.32

DAY 3

CONQUER FITNESS 1200 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	EA	BANANA	1.2	26.7	.6	105
6	OZ	FAT FREE YOGURT - DANNON	7	33	0	160
1	CAPSULE	MTN OPS BIOTIC - PROBIOTIC & PREBIOTIC				
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
2	CAPSULE	MTN OPS RENU - GENTLE CLEANSE				
1	SCOOP	MTN OPS ENDURO - ENERGY AND FOCUS DRINK				
TOTALS:			8.2	59.7	0.6	265
A M SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
TOTALS:			19	6	4.5	140
LUNCH						
5	OUNCES	CHICKEN BREAST/WHITE MEAT	32.5	0	2	155
4	OUNCES	SALAD - LRG GARDEN W/TOMATO & ONION	2.8	27.4	.12	119
2	TBLS	SOUR DRESSING, NON-BUTTERFAT, FILLED CREAM	.78	1.12	3.98	42.72
4	OZ	WHITE POTATO	2.8	27.4	.12	119
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
TOTALS:			36.08	28.52	6.1	316.72
P M SNACK						
.5	CUP	COTTAGE CHEESE - 1% FAT	14	3.1	1.15	82
TOTALS:			14	3.1	1.15	82
DINNER						
1	SPEAR	BROCCOLI	5	4	1	40
5	OUNCES	CHICKEN BREAST/WHITE MEAT	32.5	0	2	155
.5	CUP	RICE - WHITE COOK STEAMED	2.25	20.25	0	90
1	SMALL	SALAD - SM. GARDEN W/TOMATO, ONION	1.3	9.5	.4	49
2	TBLS	THOUSAND ISLAND - REDUCED CAL.	0	6	2	40
TOTALS:			41.05	39.75	5.4	374
DAY TOTALS:			118.33	137.07	17.75	1177.72

DAY 4

CONQUER FITNESS 1200 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	CUP	BRAN FLAKES - CEREAL	6	46	0	180
.5	OUNCES	MILK - SKIM, NO FAT	4.2	5.95	.2	43
1	EACH	ORANGE - MEDIUM	1.1	17.4	.3	69
1	CAPSULE	MTN OPS BIOTICS - PREBIOTICS & PROBIOTICS				
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT & FAT BURNER				
2	CAPSULE	MTN OPS RENU - GENTLE CLEANSE				
1	SCOOP	MTN OPS ENDURO - ENERGY AND FOCUS DRINK				
TOTALS:			11.3	69.35	0.5	292
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
TOTALS:			19	6	4.5	140
LUNCH						
3	OUNCES	CHICKEN BREAST/WHITE MEAT	19.5	0	1.2	93
.5	CUP	RICE - WHITE COOK STEAMED	2.25	20.25	0	90
2	TBLS	SALSA - CHUNKY MEDIUM, PACE	0	0	0	4
2	EACH	TORTILLA - FLOUR, SOFT, 7" DIAM	4	28	4	160
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
TOTALS:			25.75	48.25	5.2	347
PM SNACK						
5	EACH	CRACKER/NABISCO - LOW SALTINES	1	10	2	60
2	TBLS	MAYONNAISE - FAT FREE	0	6	0	16
TOTALS:			1	16	2	76
DINNER						
5	OUNCES	CHICKEN BREAST/WHITE MEAT	32.5	0	2	155
1	LARGE	SALAD - LRG. GARDEN W/TOMATO & ONION	2.6	19	.8	98
3	TBLS	THOUSAND ISLAND - REDUCED CAL.	0	9	3	60
.5	CUP	VEGETABLES - MIXED, FROZEN, BOILED	2.6	11.9	.10	54
TOTALS:			37.7	39.9	5.9	367
DAY TOTALS:			94.75	179.5	18.1	1222

DAY 5

CONQUER FITNESS 1200 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	EACH	BAGEL - PLAIN	10	40	1.5	210
.5	OUNCES	CREAM CHEESE, LIGHT	1.5	1	2.5	30
.25	CUP	EGG BEATERS	5	1	0	25
1	CAPSULE	MTN OPS BIOTICS - PROBIOTICS & PREBIOTICS				
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
1	CAPSULE	MTN OPS RENU - GENTLE CLEANSE				
1	SCOOP	MTN OPS ENDURO - ENERGY AND FOCUS DRINK				
		TOTALS:	16.5	42	4	265
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
		TOTALS:	19	6	4.5	140
LUNCH						
2	EACH	BREAD WHOLE WHEAT - SLICE	5.6	26.2	2.4	140
11	SMALL	LETTUCE, ICEBERG, RAW	.05	.10	.01	.6
1	TSP	MUSTARD, PREPARED, YELLOW	.2	.39	.16	3.3
1	SMALL	TOMATO - SM. W/PEEL, 2.5" DIAM	1	5.7	.4	26
3	OUNCES	TURKEY BREAST/WHITE MEAT	25.5	0	.6	114.75
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
		TOTALS:	32.35	32.39	3.57	284.65
PM SNACK						
1	EA	ORANGE - MEDIUM	1.2	15.4	.2	62
		TOTALS:	1.2	15.4	.2	62
DINNER						
1	TBLS	BBQ - HEALTHY CHOICE	.03	5.7	.02	25
4	OUNCES	CHICKEN BREAST / WHITE MEAT	26	0	1.6	124
4	OUNCES	POTATO - WHITE MEDIUM	2.8	27.4	.12	119
1	SMALL	SALAD - SM. GARDEN W/TOMATO, ONION	1.3	9.5	.4	49
2	OUNCES	SOUR CREAM, CULTURED, IMMITATION	1.36	3.76	11.07	117.94
2	TBLS	THOUSAND ISLAND - REDUCED CAL.	0	6	2	40
		TOTALS:	31.49	52.36	15.21	474.94
DAY TOTALS:			100.54	148.15	27.48	1226.59

DAY 6

CONQUER FITNESS 1200 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
.5	EACH	BAGEL - PLAIN	5	20	.75	105
.5	EACH	GRAPEFRUIT - PINK OR RED 4" DIAMETER	.6	11.9	.10	46
2	CUP	JELLY - ALL FLAVORS, SIMPLE FRUIT	0	8	0	32
1	CAPSULE	MTN OPS BIOTIC - PROBIOTIC & PREBIOTIC				
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BUNER				
2	CAPSULE	MTN OPS RENU - GENTLE CLEANSE				
1	SCOOP	MTN OPS ENDURO - ENERGY AND FOCUS DRINK				
TOTALS:			5.6	39.9	0.85	183
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
TOTALS:			19	6	4.5	140
LUNCH						
3	OUNCES	CHICKEN BREAST / WHITE MEAT	19.5	0	1.2	93
1	LARGE	SALAD - LRG. GARDEN W/TOMATO, ONION	2.6	19	.8	98
3	TBLS	THOUSAND ISLAND - REDUCED CAL.	0	9	3	60
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
TOTALS:			22.1	28	5	251
PM SNACK						
.5	CUP	COTTAGE CHEESE - 1% FAT	14	3.1	1.15	82
TOTALS:			14	3.1	1.15	82
DINNER						
2	SPEAR	BROCCOLI	10	8	2	80
2	TBLS	OIL & VINEGAR - VINIGARETTE LITE	.2	3.8	1.8	32
1	CUP	RICE - WHITE COOK STEAMED	4.5	40.5	0	180
1	SMALL	SALAD - SM, GARDEN W/TOMATO, ONION	1.3	9.5	.4	49
4	OUNCES	SALMON - BROILED	25.08	0	14	233.32
TOTALS:			41.08	61.8	18.2	574.32
DAY TOTALS:			101.78	138.8	29.7	1230.32

DAY 7

CONQUER FITNESS 1200 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
.5	CUP	EGG BEATERS	10	2	0	50
4	OUNCES	HASH BROWNS - FROZEN, PAN COOKED	3.6	31.8	13	247
2	OUNCES	SAUSAGE - TURKEY, JIMMY DEAN LIGHT	10	0	11.62	133
1	CAPSULE	MTN OPS BIOTIC - PROBIOTIC & PREBIOTIC				
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BUNER				
2	CAPSULE	MTN OPS RENU - GENTLE CLEANSE				
1	SCOOP	MTN OPS ENDURO - ENERGY AND FOCUS DRINK				
TOTALS:			23.6	33.8	24.62	430
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
TOTALS:			19	6	4.5	140
LUNCH						
12	OUNCES	COCA COLA - DIET W/CAFFEINE	5.6	26.2	2.4	140
6	OUNCES	POTATO - WHITE MEDIUM	.05	.1	.01	.6
1	TBLS	SALSA - CHUNKY MEDIUM	.2	.39	.16	3.3
.51	CAN	VEGETABLE WITH BEEF BROTH, CANNED	1	5.7	.4	26
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
TOTALS:			6.85	32.39	2.97	169.9
PM SNACK						
1	CUP	POPCORN - LITE, MICROWAVED, ORVILL RED	.67	2.67	1	23.3
TOTALS:			.67	2.67	1	23.3
DINNER						
1	SPEAR	BROCCOLI	5	4	1	40
310	PIECES	CANDIES, M&M'S CHOCOLATE CANDIES	.91	14.95	4.44	103.32
11	TBLS	CHEESE, PARMASAN GRATED	2.08	.19	1.5	22.8
5	OUNCES	CHICKEN BREAST / WHITE MEAT	32.5	0	2	155
2	TBLS	RANCH - NO FAT	0	6	0	32
1	SMALL	SALAD - SM. GARDEN W/TOMATO, ONION	1.3	9.5	.4	49
TOTALS:			41.79	34.64	9.34	402.12
DAY TOTALS:			91.91	109.5	42.43	1165.32