

MTN OPS

CONQUER

FITNESS



130 - 139 LBS

1400 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 1400 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
.5	CUP	EGG BEATERS	10	2	0	50
.5	EA	GRAPEFRUIT - PINK OR RED 4" DIAMETER	.6	11.9	.1	46
1	PACK	INSTANT OATMEAL	4.5	31.6	2.1	152
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:			15.1	45.5	2.2	248
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
TOTALS:			19	6	4.5	140
LUNCH						
5	OZ	CHICKEN BREAST	32.5	0	2	155
1	LG	GARDEN SALAD W/ TOMATO & ONION	2.6	19	.8	98
3	TBS	THOUSAND ISLAND DRESSING	0	9	3	60
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
TOTALS:			35.1	28	5.8	313
PM SNACK						
5	EA	CRACKERS/NABISCO - LOW SALTINES	1	10	2	60
2	TBS	LOW FAT MAYONNAISE	0	8	2	50
3	OZ	WHITE TUNA	22.5	1.5	1.5	105
TOTALS:			23.5	19.5	5.5	215
DINNER						
1	SPEAR	BROCCOLI	5	4	1	40
5	OZ	BROILED HALIBUT	37.5	0	5	198.75
1	CUP	WHITE RICE - COOK STEAMED	4.5	40.5	0	180
1	SM	GARDEN SALAD W/ TOMATO & ONION	1.3	9.5	.4	49
2	TBS	THOSAND ISLAND - REDUCED CAL	0	6	2	40
TOTALS:			48.3	60	8.4	507.75
DAY TOTALS:			141	159	26.4	1423.75

DAY 2

CONQUER FITNESS 1400 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	CUP	CHEERIOS OAT & WHEAT	4.3	19.6	1.8	111
.5	CUP	EGG BEATERS	10	2	0	50
.5	EA	GRAPEFRUITE	.6	11.9	.1	46
.5	CUP	SKIM MILK	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:			19.1	39.45	2.1	250
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
TOTALS:			19	6	4.5	140
LUNCH						
5	OZ	CHICKEN BREAST	32.5	0	2	155
.25	CUP	PLAIN CROUTONS	.9	5.5	.5	30.5
2	TBS	RANCH DRESSING	.41	1.33	15.57	147.9
1	LARGE	GARDEN SALAD W/ TOMATO & ONION	2.6	19	.8	98
TOTALS:			36.41	25.83	18.87	431.4
PM 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
1	CUP	WHITE RICE	4.5	40.5	0	180
1	SM	GARDEN SALAD W/ TOMATO & ONION	1.3	9.5	.4	49
4	OZ	BROILED SALMON	25.08	0	14	233.32
3	TBS	THOUSAND ISLAND DRESSING	0	9	3	60
TOTALS:			35.88	63	18.4	562.32
DAY TOTALS:			124.39	137.38	45.02	1465.72

DAY 3

CONQUER FITNESS 1400 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						
2	TBS	BBQ SAUCE - HEALTH CHOICE	.06	11.4	.04	50
1	OZ	CHEDDAR CHEESE	7.06	.36	9.4	114.25
5	OZ	CHICKEN BREAST	32.5	0	2	155
4	OZ	WHITE POTATO	2.8	27.4	.12	119
TOTALS:			42.42	39.16	11.56	438.25
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	OZ	CHICKEN BREAST	32.5	0	2	155
2	TBS	RANCH DRESSING	.41	1.33	15.57	147.9
.5	CUP	WHITE RICE	2.25	20.25	0	90
1	SM	GARDEN SALAD W/ TOMATO & ONION	1.3	9.5	.4	49
TOTALS:			41.46	35.08	18.97	481.9
DAY TOTALS:			125.08	143.04	36.78	1407.15

DAY 4

CONQUER FITNESS 1400 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	CUP	BRAN FLAKES CEREAL	6	46	0	180
1	EA	SLICE OF WHOLE WHEAT BREAD	2.8	13.1	1.2	70
2	TSP	JELLY	0	8	0	32
.5	CUP	SKIM MILK	4.2	5.95	.2	43
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:			13	73.05	1.4	325
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
TOTALS:			19	6	4.5	140
LUNCH						
5	OZ	CHICKEN BREAST	32.5	0	2	155
1	CUP	WHITE RICE	4.5	40.5	0	180
2	TBS	CHUNKY SALSA	0	0	0	4
2	EA	FLOUR TORTILLA	4	28	4	160
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
TOTALS:			41	68.5	6	499
PM SNACK						
5	EA	CRACKERS/NABISCO - LOW SALTINES	1	10	2	60
2	TBS	LOW FAT MAYONNAISE	0	4	1	25
3	OZ	WHITE TUNA	22.5	1.5	1.5	105
TOTALS:			23.5	15.5	4.5	190
DINNER						
5	OZ	CHICKEN BREAST	32.5	0	2	155
3	OZ	STRING GREEN BEANS	1.58	6.67	.23	30
1	LARGE	GARDEN SALAD W/ TOMATO & ONION	2.6	19	.8	98
2	TBS	THOUSAND ISLAND DRESSING	0	6	2	40
TOTALS:			36.68	31.67	5.03	323
DAY TOTALS:			133.18	194.72	21.43	1477



DAY 5

CONQUER FITNESS 1400 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	EA	PLAIN BAGEL	10	40	1.5	210
1	TBS	CREAM CHEESE	1.09	.39	5.06	50.61
.5	CUP	EGG BEATERS	10	2	0	50
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:			21.09	42.39	6.56	310.61
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
TOTALS:			19	6	4.5	140
LUNCH						
2	EA	WHOLE WHEAT BREAD	5.6	26.2	2.4	140
1	TBS	LOW FAT MAYO	0	4	1	25
4	OZ	TURKEY BREAST	34	0	.8	153
.33	CAN	CANNED VEGETABLE BEEF	4.48	8.16	1.52	63.41
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
TOTALS:			44.08	38.36	5.72	381.41
PM SNACK						
1	EA	ORANGE - MEDIUM	1.2	15.4	.2	62
TOTALS:			1.2	15.4	.2	62
DINNER						
1	TBS	BBQ - HEALTHY CHOICE	.03	5.7	.02	25
5	OZ	CHICKEN BREAST	32.5	0	2	155
5	OZ	WHITE POTATO	3.5	34.25	.15	148.75
2	TBS	RANCH DRESSING	.41	1.33	15.57	147.9
1	SMALL	GARDEN SALAD W/ TOMATO & ONION	1.3	9.5	.4	49
2	TBS	SOUR CREAM DRESSING, NO BUTTERFAT	38.52	51.9	22.12	568.37
TOTALS:			76.26	102.68	40.26	1094.02
DAY TOTALS:			161.63	204.83	57.24	1988.04

DAY 6

CONQUER FITNESS 1400 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	EA	PLAIN BAGEL	10	40	1.5	210
.5	EA	GRAPEFRUITE	.6	11.9	.1	46
2	TSP	JELLY	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:			10.6	59.9	1.6	288
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
TOTALS:			19	6	4.5	140
LUNCH						
4	OZ	CHICKEN BREAST	26	0	1.6	124
2	TBS	RANCH DRESSING	.41	1.33	15.57	147.9
1	LARGE	GARDEN SALAD W/ TOMATO & ONION	2.6	19	.8	98
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
TOTALS:			29.01	20.33	17.97	369.9
PM 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
1	CUP	WHITE RICE	4.5	40.5	0	180
1	SMALL	GARDEN SALAD W/ TOMATO & ONION	1.3	9.5	.4	49
4	OZ	BROILED SALMON	25.08	0	14	233.32
3	TBS	THOUSAND ISLAND DRESSING	0	9	3	60
TOTALS:			35.88	63	18.4	562.32
DAY TOTALS:			108.49	152.33	43.62	1442.22

DAY 7

CONQUER FITNESS 1400 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
2	SLICE	BACON	4	.02	3.6	50
.5	CUP	EGG BEATERS	10	2	0	50
5	OZ	HASH BROWNS	4.5	39.85	16.25	308.75
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:			18.5	41.87	19.85	408.75
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
TOTALS:			19	6	4.5	140
LUNCH						
5	OZ	WHITE POTATO	3.5	34.25	.15	148.75
2	TBS	CHUNKY SALSA	0	0	0	4
.5	OZ	CANNED VEGETABLE WITH BEEF BROTH	3.61	15.94	2.32	98.34
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
TOTALS:			7.11	50.19	2.47	251.09
PM SNACK						
2	CUP	LITE POPCORN	1.34	5.34	2	46.6
TOTALS:			1.34	5.34	2	46.6
DINNER						
1	CUP	ANGEL HAIR PASTA	4	46	2	210
1	SPEAR	BROCCOLI	5	4	1	40
5	OZ	CHICKEN BREAST	32.5	0	2	155
.5	CUP	MARINARA SAUCE	4	10	6	110
5	TBS	OIL & VINEGAR - VINAGRETTE LITE	.5	9.5	4.5	80
1	SMALL	GARDEN SALAD W/ TOMATO & ONION	1.3	9.5	.4	49
TOTALS:			47.3	79	15.9	644
DAY TOTALS:			93.25	182.4	44.72	1490.44