

MTN OPS

CONQUER

FITNESS



140 - 149 LBS

1600 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 1600 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	EA	PLAIN BAGEL	10	40	1.5	210
2	OZ	CREAM CHEESE	8	2	0	50
.5	CUP	EGG BEATERS	10	2	0	50
.5	EA	GRAPEFRUITE	.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:	28.6	55.9	1.6	356
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
		TOTALS:	19	6	4.5	140
LUNCH						
6	OZ	CHICKEN BREAST	39	0	2.4	186
1	LARGE	GARDEN SALAD W/ TOMATO & ONION	2.6	19	.8	98
3	TBS	WHITE TUNA	0	9	3	60
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
		TOTALS:	41.6	28	6.2	344
PM SNACK						
8	EA	CRACKER/NABISCO - LOW SALTINES	1	16	3.2	96
2	TBS	MAYONNAISE - FAT FREE	0	6	0	16
2.8	OZ	WHITE TUNA	21	1.4	1.4	98
		TOTALS:	22	23.4	4.6	210
DINNER						
2	SPEAR	BROCCOLI	10	8	2	80
6	OZ	BROILED HALIBUT	45	0	6	238.5
1	CUP	WHITE RICE	4.5	40.5	0	180
1	SMALL	GARDEN SALAD W/ TOMATO & ONION	1.3	9.5	.4	49
2	TBS	THOUSAND ISLAND DRESSING	0	6	2	40
		TOTALS:	60.8	64	10.4	587.5
DAY TOTALS:			172	177.3	27.3	1637.5



DAY 2

CONQUER FITNESS 1600 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	EACH	GRAPEFRUIT	.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 BURNER				
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						
6	OZ	CHICKEN BREAST	39	0	2.4	186
1	LARGE	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:			41.6	28	6.2	344
PM SNACK						
1	CUP	COTTAGE CHEESE - 1% FAT	28	6.2	2.3	164
TOTALS:			28	6.2	2.3	164
DINNER						
1	SPEAR	BROCCOLI	5	4	1	40
2	TBS	RANCH DRESSING	.41	1.33	15.7	147.9
1	CUP	WHITE RICE	4.5	40.5	0	180
1	SMALL	GARDEN SALAD W/ TOMATO & ONION	1.3	9.5	.4	49
6	OZ	BROILED SALMON	37.62	0	21	349.98
TOTALS:			48.83	55.33	38.1	766.88
DAY TOTALS:			156.53	134.98	53.2	1664.88

DAY 3

CONQUER FITNESS 1600 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	7	33	0	160
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:	8.2	59.7	0.6	265
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
		TOTALS:	19	6	4.5	140
LUNCH						
6	OZ	CHICKEN BREAST	39	0	2.4	186
4	OZ	WHITE POTATO	2.8	27.4	.12	119
2	OZ	SOUR CREAM	1.36	3.76	11.07	117.94
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
		TOTALS:	43.16	31.16	13.59	422.94
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	BROWN RICE	4.9	49.7	1.2	232
6	OZ	CHICKEN BREAST	39	0	2.4	186
2	TBS	RANCH DRESSING	.41	1.33	15.57	147.9
1	SMALL	GARDEN SALAD W/ TOMATO & ONION	1.3	9.5	.4	49
		TOTALS:	50.61	64.53	20.57	654.9
		DAY TOTALS:	134.97	164.49	40.41	1564.84

DAY 4

CONQUER FITNESS 1600 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	CUP	BRAN FLAKES CEREAL	6	46	0	180
2	EA	SLICE OF WHOLE WHEAT BREAD	5.6	26.2	2.4	140
2	TSP	JELLY	0	8	0	32
.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:	15.8	86.15	2.6	395
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
		TOTALS:	19	6	4.5	140
LUNCH						
1	CUP	BROWN RICE	4.9	49.7	1.2	232
6	OZ	CHICKEN BREAST	39	0	2.4	186
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:	47.9	77.7	7.6	582
PM SNACK						
5	EA	CRACKER/NABISCO - LOW SALTINES	1	10	2	60
1	TBS	MAYONNAISE - FAT FREE	0	3	0	8
2.8	OZ	WHITE TUNA	21	1.4	1.4	98
		TOTALS:	22	14.4	3.4	166
DINNER						
6	OZ	CHICKEN BREAST	39	0	2.4	186
2	TBS	RANCH DRESSING	.41	1.33	15.57	147.9
1	LARGE	GARDEN SALAD W/ TOMOATO & ONION	2.6	19	.8	98
		TOTALS:	42.01	20.33	18.77	431.9
DAY TOTALS:			146.71	204.58	36.87	1714.9

DAY 5

CONQUER FITNESS 1600 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	SLICE WHOLE WHEAT BREAD	5.6	26.2	2.4	140
1	SMALL LEAF	ICEBURG LETTUCE, RAW	.05	.1	.01	.6
1	TBS	MAYONNAISE - LOW FAT	0	4	1	25
4	OZ	TURKEY BREAST	34	0	.8	153
1	CAN	VEGETABLE BEEF	13.57	24.74	4.61	192.15
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
		TOTALS:	53.17	55.04	8.82	510.75
PM SNACK						
1	EA	ORANGE - MEDIUM	1.2	15.4	.2	62
		TOTALS:	1.2	15.4	.2	62
DINNER						
2	TBS	BBQ - HEALTHY CHOICE	.06	11.4	.04	50
6	OZ	CHICKEN BREAST	39	0	2.4	186
2	TBS	OIL & VINEGAR - LITE CLASSIC	0	4	4	40
6	OZ	WHITE POTATO	4.2	41.1	.18	178.5
1	SMALL	GARDEN SALAD W/ TOMOATO & ONION	1.3	9.5	.4	49
2	OZ	SOUR CREAM	1.36	3.76	11.07	117.94
		TOTALS:	45.92	69.76	18.09	621.44
DAY TOTALS:			140.38	188.59	38.17	1644.8

DAY 6

CONQUER FITNESS 1600 CALORIES PLAN

QTY	MEASURE	DESCRIPTION	PROTEIN [GM]	CARB [GM]	FAT [GM]	CALORIES
BREAKFAST						
1	EA	PLAIN BAGEL	10	40	1.5	210
.5	EA	GRAPEFRUIT	.6	11.9	.1	46
1	TBS	PEANUT BUTTER	4	3.5	8.15	95
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:			14.6	55.4	9.75	351
AM SNACK						
1	SCOOP	MTN OPS AMMO - WHEY PROTEIN MEAL REPLACEMENT	19	6	4.5	140
TOTALS:			19	6	4.5	140
LUNCH						
6	OZ	CHICKEN BREAST	39	0	2.4	186
4	OZ	BAKED WHITE POTATO	2.6	28.6	.12	124
1	LARGE	GARDEN SALAD W/ TOMOATO & ONION	2.6	19	.8	98
2	TBS	SOUR CREAM	.78	1.12	3.98	42.72
3	TBS	THOUSAND ISLAND - REDUCED FAT	0	9	3	60
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
TOTALS:			44.98	57.72	10.3	510.72
PM SNACK						
.5	CUP	COTTAGE CHEESE - 1% FAT	14	3.1	1.15	82
7	EA	CRACKER/NABISCO - LOW SALTINES	1.4	14	2.8	84
TOTALS:			15.4	17.1	3.95	166
DINNER						
1	SPEAR	BROCCOLI	5	4	1	40
1	SMALL	GARDEN SALAD W/ TOMOATO & ONION	1.3	9.5	.4	49
6	OZ	BROILED SALMON	37.62	0	21	349.98
3	TBS	THOUSAND ISLAND - REDUCED FAT	0	9	3	60
TOTALS:			43.92	22.5	25.4	498.98
DAY TOTALS:			137.9	158.72	53.9	1666.7

DAY 7

CONQUER FITNESS 1600 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
6	OZ	HASH BROWNS	5.4	47.82	19.5	370.5
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:			19.4	49.84	23.1	470.5
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
1	CAN	VEGETABLE WITH BEEF	7.21	31.89	4.65	196.68
1	CAPSULE	MTN OPS BLAZE - APPETITE SUPPRESSANT AND FAT BURNER				
TOTALS:			10.71	66.14	4.8	349.43
PM SNACK						
1	CUP	LITE POPCORN	.67	2.67	1	23.3
TOTALS:			.67	2.67	1	23.3
DINNER						
1	SPEAR	BROCCOLI	5	4	1	40
6	OZ	CHICKEN BREAST	39	0	2.4	186
2	TBS	ITALIAN DRESSING	.21	3	14.2	137.3
.5	CUP	MARINARA SAUCE	4	10	6	110
1	SMALL	GARDEN SALAD W/ TOMOATO & ONION	1.3	9.5	.4	49
1	CUP	COOKED SPAGHETTI	6.68	39.68	3.94	197.4
TOTALS:			56.19	66.18	41.8	719.7
DAY TOTALS:			105.97	190.83	451.4	1702.93