

# 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**