

You will find following two weeks worth of daily plans, including menus, and suggested daily exercise. When you have finished the first fourteen days, repeat the daily plans from the beginning to complete the full, four-week program. Some of the menus indicate a range of protein serving sizes (for example 3 – 6 ounces). If you are larger, have more muscle mass and/or are physically active, you will use the higher amounts. For example, a lower amount of protein would be appropriate for a sedentary woman approximately 5'4' tall and weighing 130 pounds.

As always, supplements are an important part of your daily routine – they keep your body supplied with essential nutrients. [Click here to sign up](#) and receive 10% off of your supplement purchases for the entire month of January.

Become a fan on Facebook:

One lucky winner of the 28-Day Start Fresh Challenge will have the chance to enjoy an all expenses paid trip to New York! [Click here for contest details.](#)

Good luck!

The 28-Day Start Fresh Challenge

WEEK ONE

Day 1

Wake-up and immediately have an 8 oz. glass of water

Exercise for the day: Aerobics

Breakfast:

3 to 4 ounces smoked Nova Scotia salmon

½ cup slow-cooked oatmeal with 2 tablespoons blueberries

1 teaspoon slivered almonds

Green tea or water

Lunch:

4 to 6 ounce broiled turkey burger (no bun)

Lettuce and tomato

½ cup of three-bean salad (*chickpeas, kidney and black beans dressed with olive oil and lemon juice with a minced clove of garlic)

Afternoon Snack:

2 ounces sliced turkey or chicken breast
4 hazelnuts
4 celery sticks

Dinner:

2 - 6 ounces broiled salmon
1 cup lentil soup
½ cup steamed spinach
Green tea or water

Day 2

Wake-up and immediately have an 8 oz. glass of water

Exercise for the day: Weight Training

Breakfast:

Omelet made with 2-3 egg whites and one yolk
Sliced tomato
½ cup blueberries
Green tea or water

Lunch:

3 to 6 ounces smoked or grilled salmon
Green salad with tomatoes, cucumbers, red onion and 2 tablespoons chickpeas; dress with olive oil, lemon juice and garlic

Afternoon Snack:

½ cup cottage cheese
4 small black olives
4 endive spears

Dinner:

4 to 6 ounces baked or grilled halibut
1 cup Chicken-Vegetable Soup
Salad of romaine lettuce, chopped avocado, tomato, green onion and celery; dress with olive oil and lemon juice

Bedtime Snack:

2 ounces sliced turkey breast
6 whole almonds
2-inch wedge of honeydew melon

Day 3

Wake-up and immediately have an 8 oz. glass of water

Exercise for the day: Aerobics

Breakfast:

2 slices turkey bacon
6 ounces plain yogurt
½ cup strawberries
3 hazelnuts
Green tea or water

Lunch:

3 to 4 ounce can water packed tuna
1 cup sliced tomato and cucumbers
½ cup bean salad

Afternoon Snack:

2 ounces sliced turkey breast
4 almonds
1 small pear

Dinner:

4 to 6 ounces broiled filet of salmon (make 8 ounces and save 2 ounces for tomorrow's bedtime snack!)
¼ cup green beans
Spinach salad with mushrooms, slice of red onion and ¼ cup chickpeas; dress with olive oil and lemon juice

Bedtime Snack:

2 ounces Grilled Chicken Breast
¼ cup raw cauliflower
4 black olives

Day 4

Wake-up and immediately have an 8 oz. glass of water

Exercise for the day: Weight Training

Breakfast:

1 slice of Canadian bacon to 2 slices of turkey bacon
2 poached egg whites and one yolk
½ cup slow-cooked oatmeal
½ cup blueberries
Green tea or water

Lunch:

4 ounces grilled chicken salad (with fresh dill, chopped red onion, garlic and olive oil)
½ cup steamed broccoli
½ cup strawberries
Green tea or water

Afternoon Snack:

2 ounces sliced turkey breast
4 cherry tomatoes
4 almonds

Dinner:

6 ounces broiled filet of sole or cod
8 Oven-Roasted Brussels sprouts with Apples*
Romaine lettuce salad with 2 ounces chickpeas; dress with olive oil, garlic and lemon juice

Bedtime Snack:

2 ounces salmon
2 tablespoons bean salad

Day 5

Wake-up and immediately have an 8 oz. glass of water

Exercise for the day: Aerobics

Breakfast:

4 ounces smoked salmon
½ cup slow-cooked oatmeal seasoned with cinnamon
2 teaspoons chopped almonds
2-inch wedge of cantaloupe
Green tea or water

Lunch:

4 ounces salmon salad (finely cubed salmon filet or canned salmon; dress with lemon juice, olive oil and dill)
A few leaves of romaine lettuce
½ cup lentil soup
Green tea or water

Afternoon Snack:

2 ounces sliced turkey breast
½ cup strawberries
4 hazelnuts

Dinner:

1 roasted chicken breast (remove skin)
½ cup grilled zucchini
½ cup Three Bean Salad

Bedtime Snack:

2 ounces cold filet of sole or cod
3 macadamia nuts
3 cherry tomatoes

Day 6

Wake-up and immediately have an 8 oz. glass of water

Exercise for the day: Weight training

Breakfast:

Omelet of 2-3 egg whites and 1 yolk with a few sliced mushrooms and a little spinach
1 slice Canadian bacon or 2 slices of turkey bacon
2-inch wedge of honeydew melon
Green tea or water

Lunch:

4 to 6 ounces broiled salmon
Caesar salad without croutons
½ apple

Afternoon Snack:

1 hard-broiled egg
½ cup sliced strawberries
3 almonds

Dinner:

4 to 6 ounces grilled halibut
Tossed Greek salad made with romaine lettuce, 3 black olives, 1 ounce feta cheese, ½ cucumber, 4 cherry tomatoes; dress with olive oil, lemon juice and a dash of oregano, mix to taste
Steamed or grilled asparagus
2-inch wedge of cantaloupe

Bedtime Snack:

2 ounces sliced turkey or chicken breast
4 macadamia nuts
Small peach or nectarine

Day 7

Wake-up and immediately have an 8 oz. glass of water

Exercise for the day: Relaxation/ Meditation

Breakfast:

3 to 6 ounces broiled salmon
½ cup slow-cooked oatmeal
2-inch wedge of cantaloupe
Green tea or water

Lunch:

Crabmeat salad made with a 6-ounce can of crabmeat, 1 chopped scallion, 1 chopped celery rib; dress with ¼ cup yogurt, juice of ½ lemon; serve inside ½ avocado
1 cup strawberries
Green tea or water

Afternoon Snack:

½ cup cottage cheese
4 almonds
1 apple

Dinner:

Grilled chicken breast
¾ cup roasted or sautéed mushrooms and sautéed zucchini or squash
Romaine lettuce salad, sliced tomatoes, fresh basil with 1 ounce grated Parmesan cheese; dress with olive oil and lemon juice, mixed to taste
½ cup fresh berries

Bedtime Snack:

2 ounces slices turkey breast
3 olives
1 pear

WEEK TWO

Day 8

Wake-up and immediately have an 8 oz. glass of water

Exercise for the day: Aerobics

Breakfast:

2 slices Canadian bacon, ham or turkey bacon
½ cup cottage cheese
½ blueberries
Green tea or water

Lunch:

3 to 4 ounces canned water-packed tuna
½ cup lentil soup
Romaine lettuce salad topped with chopped tomato and red onions; dress with olive oil and lemon juice
Green tea or water

Afternoon Snack:

2 ounces smoked salmon
2-inch wedge cantaloupe

Dinner:

6 ounces Scallops with Garlic and Parsley*
Mediterranean Chopped Salad* with ½ cup chickpeas
½ cup cooked green beans
Green tea or water

Bedtime Snack:

2 ounces sliced turkey breast
4 green olives
1 apple

Day 9

Wake-up and immediately have an 8 oz. glass of water

Exercise for the day: Weight training

Breakfast:

Egg white omelet made with 2 – 3 egg whites and one yolk (add a few mushrooms, if desired)
½ cup slow-cooked oatmeal
3 hazelnuts
Green tea or water

Lunch:

Scallop salad; dress with olive oil, lemon juice, chopped red onion and dill

½ cup three bean salad
Green tea or water

Afternoon Snack:

2 ounces smoked salmon
4 black olives
3 endive spears

Dinner:

6 ounces grilled salmon
½ cup black bean soup
Romaine salad dressed with olive oil and lemon juice
½ cup berries
Green tea and water

Bedtime Snack:

½ cup cottage cheese
½ cup strawberries
4 macadamia nuts

Day 10

Wake-up and immediately have an 8 oz. glass of water

Exercise for the day: Aerobics

Breakfast:

2 slices turkey bacon
1 cup plain yogurt
½ cup strawberries
3 almonds
Green tea or water

Lunch:

4 – 6 ounces grilled chicken
½ cup vegetable barley soup
Large green salad with sliced tomatoes
2-inch wedge cantaloupe

Afternoon Snack:

1 hard-boiled egg
2-inch wedge cantaloupe
4 almonds

Dinner:

6 ounces broiled flounder filet
Tricolor salad (arugula, radicchio and endive) with ½ cup kidney beans or soybeans;
dress with olive oil and lemon juice
Sautéed spinach
Green tea or water

Bedtime Snack:

2 slices chicken or turkey breast
4 macadamia nuts
1 small peach

Day 11

Wake-up and immediately have an 8 oz. glass of water

Exercise for the day: Weight training

Breakfast:

4 ounces smoked salmon
3 ounces plain yogurt
1 tomato slice
¼ cantaloupe
Green tea or water

Lunch:

6 ounces canned crabmeat; dress with 1 tablespoon mayonnaise
½ cup lentil soup
Large Romaine salad; dress with olive oil and lemon to taste
Green tea or water

Afternoon Snack:

1 hard-boiled egg
4 cherry tomatoes
4 macadamia nuts

Dinner:

6 ounces roasted chicken breast
½ cup Manhattan clam chowder*
½ cup grilled eggplant topped with sliced tomato and 1 tablespoon grated Parmesan
cheese
Green tea or water

Bedtime Snack:

½ cup cottage cheese
½ cup blueberries

4 hazelnuts

Day 12

Wake-up and immediately have an 8 oz. glass of water

Exercise for the day: Aerobics

Breakfast:

Scrambled eggs (3 eggs whites and 1 yolk) with a little chopped onion and green bell peppers
2 slices turkey bacon
2-inch wedge cantaloupe
Green tea or water

Lunch:

3-5 ounces of chicken salad (cubed chicken breast, mi with chopped red onion and celery, and dress with 1 tablespoon olive oil and lemon juice served on a bed of Romaine lettuce)
Sliced tomatoes
1 cup Chicken-Vegetable soup
Green tea or water

Afternoon Snack:

½ cup plain yogurt
½ cup blueberries
1 teaspoon chopped almonds

Dinner:

6 ounces grilled salmon
Salad of romaine lettuce, avocado and tomato; dress with olive oil and lemon juice
Grilled zucchini and mushroom kebabs
Green tea or water

Bedtime Snack:

2 ounces tuna salad (water-packed tuna mixed with onion, celery, pepper, mustard and a touch of mayonnaise, if desired)
4 almonds
1 pear

Day 13

Wake-up and immediately have an 8 oz. glass of water

Exercise for the day: Aerobics

Breakfast:

2 – 4 ounces smoked salmon
½ cup plain yogurt
1 tablespoon chopped walnuts
½ cup blueberries
Green tea or water

Lunch:

Grilled Chicken breast
Green salad topped with ½ cup white or navy beans
Steamed asparagus
Green tea or water

Afternoon Snack:

1 hard-boiled egg
2-inch wedge cantaloupe
4 macadamia nuts

Dinner:

6 ounces grilled bluefin or albacore tuna steak
½ cup grilled zucchini, eggplant, red onion or green bell pepper lightly drizzled with olive oil and sprinkled with 1 tablespoon Parmesan cheese
Tomato salsa (use fresh, if possible)
Green tea or water

Bedtime Snack:

2 ounces sliced turkey breast
4 green olives
4 cherry tomatoes

Day 14

Wake-up and immediately have an 8 oz. glass of water

Exercise for the day: Relaxation/ Mediation

Breakfast:

Omelet made with 2-3 egg whites, 1 yolk and a few sliced fresh mushrooms
½ cup slow-cooked oatmeal
1 teaspoon chopped almonds
2-inch wedge cantaloupe
Green tea or water

Lunch:

3 – 4 ounce canned water-packed tuna

Romaine salad made with ½ cup white beans, ¼ cup crumbled feta cheese, 4 cherry tomatoes, and slice 1 slice red onion; dress with olive oil and lemon juice

Green tea or water

Afternoon Snack:

1 slice turkey breast

4 hazelnuts

2-inch wedge cantaloupe

Dinner:

4 large shrimp, grilled, broiled or baked on skewers with mushrooms, onions and cherry tomatoes

½ cup Black Bean soup

Romaine lettuce salad; dress with olive oil and lemon juice

Green tea or water

Bedtime Snack:

½ cup cottage cheese

4 almonds

½ pear

Congratulations! Now that you have finished the first 14 days of the Perricone Start Fresh Program you should be feeling terrific and your skin must be glowing; many of my patients' keep a journal of their progress you could do this too.

Now that the Start Fresh Program has started to work its magic on you, you should have the confidence and enthusiasm to repeat the two weeks you have just finished to complete the entire 28-Day Program. And by the time you have done that, you will be well on your way to being wrinkle-free for life!

*An asterisk next to a menu indicates that the recipe can be found on www.perriconerecipes.com. The recipes I've included are easy, quick, and tasty and require a minimum of preparation.