

	DAY 1	DAY 2	DAY 3	BUILD YOUR OWN
<b>BREAKFAST:</b> <b>4-5 grains</b> <b>2 protein</b> <b>4 fruit</b> <b>3 fat</b> <b>∞ veggies</b>	<b>Oatmeal:</b> 1c cooked oatmeal w/ 1c Greek yogurt, 2Tbsp raisins, 2Tbsp cranberries 2c blueberries 10 pecan halves 2 slices whole wheat toast w/2Tbsp peanut or almond butter 8oz glass non-fat milk	<b>Egg Scramble:</b> 2 English muffins 2tsp butter 3 eggs scrambled w/ 1.5oz ham and veggies (onions, tomatoes, spinach) 2 slices cheese 12oz 100% orange juice 2c berries	<b>Cereal and Yogurt:</b> 2½ c Kashi Go Lean Crunch 2c strawberries 2c plain or Greek yogurt 30 walnut halves 12oz 100% fruit juice	
<b>SNACK:</b> <b>3 grains</b> <b>1-2 protein</b> <b>1 fruit</b> <b>2 fat</b> <b>∞ veggies</b>	1 12 inch whole wheat wrap 14 grapes 6oz tuna w/mustard and 2tsp mayonnaise veggies of choice 10 pecan halves 5 whole wheat crackers	1c raspberries 1c cottage cheese 6 graham crackers 2Tbsp peanut butter	<b>Smoothie:</b> ½ c rolled oats 1c frozen berries ½ c Greek yogurt 4oz non-fat milk 1½ tsp flaxseed oil 1 slice of toast w/1Tbsp peanut or almond butter	
<b>LUNCH:</b> <b>4 grains</b> <b>2 protein</b> <b>2 fruit</b> <b>3 fat</b> <b>∞ veggies</b>	<b>Sandwich:</b> 2 slices whole wheat bread 6oz roast beef w/ 1 slice cheese, lettuce, and tomato 1c baby carrots w/ 4Tbsp Hummus 2 servings of baked chips 1 large banana	<b>Taco Salad:</b> 2 corn tortillas 1 c black beans ½ c brown rice 6oz ground chicken breast ¼ medium avocado 1oz shredded cheese 2Tbsp sour cream 2c salad greens w/ 1c raw mixed veggies and salsa 2 medium oranges	<b>Stuffed Pita:</b> 1 whole 6" wheat pita 6oz sliced turkey w/ lettuce and tomato 2tsp mayonnaise 2 slices cheese 2 servings baked chips 2 medium peaches	
<b>SNACK:</b> <b>3 grain</b> <b>1-2 protein</b> <b>1 fruit</b> <b>2 fat</b> <b>∞ veggies</b>	2c pretzels 1c celery and carrot sticks 2Tbsp all natural peanut butter 3oz deli meat 1 tangerine	15 whole wheat crackers 1 string cheese 1c raw sugar snap peas (in pod) ½ c cottage cheese 20 raw almonds ½ large banana	<b>Yogurt Parfait:</b> 1½ c Kashi Go Lean Crunch Cereal 1c plain or Greek yogurt 2Tbsp dried fruit 20 walnut halves	
<b>DINNER:</b> <b>4 grains</b> <b>2-3 protein</b> <b>1 fruit</b> <b>3 fat</b> <b>∞ veggies</b>	<b>Pasta:</b> 2c whole wheat penne pasta 6oz lean ground beef in tomato spaghetti sauce w/mushrooms, onion, green pepper 4Tbsp grated parmesan green leafy salad 2 Tbsp salad dressing 12 cherries	<b>Potato/Steak:</b> 1 small baked potato ¾c brown rice or quinoa 1c cooked broccoli 4tsp butter 2Tbsp sour cream 7½oz beef tenderloin 1 kiwi	<b>Salmon:</b> 1½c whole wheat cous cous 9oz baked salmon 3tsp olive oil green leafy salad 1Tbsp salad dressing 1c cantaloupe	
<b>SNACK:</b> <b>2 grains</b> <b>1 protein</b> <b>1 fruit</b> <b>2 fat</b> <b>∞ veggies</b>	10 whole wheat crackers 3oz sliced turkey 1 string cheese ¾c pineapple 10 walnut halves	½ c low fat frozen yogurt 20 almonds ½ large banana 1c high fiber cereal	1½ oz beef Jerky 1c raw veggies 4Tbsp hummus 1 small apple 1 whole wheat pita	