

DAY 1		DAY 2		DAY 3	BUILD YOUR OWN
BREAKFAST: 3 grains 2 protein 2 fruit 2 fat ∞ veggies	Oatmeal: 1c cooked oatmeal w/2Tbsp raisins 2Tbsp dried cranberries 10 pecan halves 1 slice whole wheat toast w/ 2Tbsp peanut or almond butter 8oz glass non-fat milk	Egg Scramble: 1½ English muffin 3 eggs scrambled w/ 1.5oz ham and veggies (onions, tomatoes, spinach) 1 slice cheese 6oz 100% orange juice 1 small apple 1 Tbsp peanut butter	Cereal and Yogurt: 1½ c Kashi Go Lean Crunch 1c strawberries ½ large banana 2c plain or Greek yogurt 2Tbsp flaxseed 10 walnut halves		
SNACK: 1-2 grains 1 protein 1 fruit 1 fat ∞ veggies	10 whole wheat crackers 14 grapes 3oz tuna w/mustard and 2tsp mayonnaise veggies of choice	1c raspberries ½ c cottage cheese 4 graham crackers 1 Tbsp peanut butter	Smoothie: ¼ c rolled oats 1c frozen berries ½c Greek yogurt 4oz non-fat milk 1½ tsp flaxseed oil		
LUNCH: 3 grains 2 protein 1 fruit 2 fat ∞ veggies	Sandwich: 2 slices whole wheat bread 6oz roast beef w/lettuce and tomato 1c baby carrots w/ 4Tbsp Hummus 1 serving of baked chips 1 small apple	Taco Salad: 2 corn tortillas ½ c black beans ½ c brown rice 6oz ground chicken breast ¼ medium avocado 1oz shredded cheese 2c salad greens w/1c raw mixed veggies and salsa 1 medium orange	Stuffed Pita: 1 whole 6" wheat pita 6oz sliced turkey w/ lettuce and tomato 2tsp mayonnaise 1 slice cheese 1 serving baked chips 1 medium peach		
SNACK: 1-2 grain 1 protein 1 fruit 1 fat ∞ veggies	1c pretzels 1c celery and carrot sticks 1Tbsp all natural peanut butter 1 string cheese 1 medium orange	5 whole wheat crackers 1c raw sugar snap peas (in pod) 1 string cheese ¼ c raw almonds 1 sliced pear	1 Nature Valley granola bar 1c plain or Greek yogurt 2Tbsp dried fruit 10 walnut halves		
DINNER: 3 grains 2 protein 0-1 fruit 2 fat ∞ veggies	Pasta: 1½c whole wheat penne pasta 6oz lean ground beef in tomato spaghetti sauce w/mushrooms, onion, green pepper 2Tbsp grated parmesan green leafy salad 1Tbsp salad dressing 12 cherries	Potato/Steak: 1 small baked potato ½ c cooked broccoli 2tsp butter 2Tbsp sour cream 6oz beef tenderloin ½ c corn ½ c canned peaches	Salmon: 1c whole wheat cous cous 6oz baked salmon 1½ tsp olive oil green leafy salad 1Tbsp salad dressing 1c cubed cantaloupe		
SNACK: 1 grain 1 protein 1 fruit 2 fat ∞ veggies	1 slice whole wheat bread 3oz sliced turkey 1 string cheese ¾ c pineapple 11 cashews	½ c low fat frozen yogurt 20 almonds ½ large banana ½ c high fiber cereal	1½ oz beef Jerky 1c raw veggies 4Tbsp hummus 1 small apple 5 whole wheat crackers		