

| | DAY 1 | DAY 2 | DAY 3 | BUILD YOUR OWN |
|--|---|--|---|----------------|
| BREAKFAST: 4 grains 2 protein 4 fruit 3 fat ∞ veggies | Oatmeal: 1c cooked oatmeal w/ 1c Greek yogurt 2Tbsp raisins 2Tbsp dried cranberries 2c blueberries 10 pecan halves 2 slices whole wheat toast 2Tbsp peanut/almond butter 8oz non-fat milk | Egg Scramble: 2 English muffins w/ 2tsp butter 2 eggs scrambled w/ 3oz ham and veggies (onions, tomatoes, spinach) 2 slices cheese 12 oz 100% orange juice 2c berries | Cereal and Yogurt: 2c Kashi Go Lean Crunch 2c strawberries 2c plain or Greek yogurt 24 walnut halves 12 oz 100% fruit juice | |
| SNACK: 3 grains 1 protein 1 fruit 2 fat ∞ veggies | 1 whole wheat wrap 14 grapes 3oz tuna w/mustard 2tsp mayo veggies of choice 2Tbsp hummus 5 whole wheat crackers | 1c raspberries ½c cottage cheese 6 graham crackers 2Tbsp all natural peanut butter | Smoothie: ½c dry rolled oats 1c frozen berries ½c Greek yogurt 4oz milk 1½ tsp flaxseed oil 1 slice whole wheat toast w/ 1Tbsp peanut/almond butter | |
| LUNCH: 4 grains 2 protein 2 fruit 3 fat ∞ veggies | Sandwich: 2 slices whole wheat bread 6oz roast beef w/ lettuce and tomato 1 slice cheese 1c baby carrots 4Tbsp hummus 2 servings baked chips 1 large banana | Taco Salad: 4 corn tortillas 1c black beans 6oz ground chicken breast ½ medium avocado 1oz shredded cheese 2c salad greens w/ 1c raw mixed veggies and salsa 1c strawberries 1 medium orange | Stuffed Pita: 1 whole 6" wheat pita 6oz sliced turkey w/ lettuce and tomato 2tsp mayonnaise 2 slices cheese 2 serving baked chips 2 medium peaches | |
| SNACK: 3 grains 1 protein 1 fruit 2 fat ∞ veggies | 2¼c pretzels 1c celery and carrot sticks 2Tbsp all natural peanut butter 3oz lunch meat 1 apple | 15 whole wheat crackers 1c raw sugar snap peas 1 string cheese ½c cottage cheese ½ large banana | Yogurt Parfait: 1½c Kashi Go Lean Cereal 1c plain or Greek yogurt 2Tbsp dried fruit 20 walnut halves | |
| DINNER: 4-5 grains 2 protein 2 fruit 2 fat ∞ veggies | Pasta: 2½c whole wheat penne pasta 6oz lean ground beef in tomato spaghetti sauce w/ mushrooms, onion, green pepper to sauce 2Tbsp grated parmesan Green leafy salad + 1Tbsp salad dressing 24 cherries | Steak and Potato: 1 small baked potato ¾c cooked brown rice ½c cooked broccoli 2tsp butter 3Tbsp sour cream 6oz beef tenderloin Green leafy salad + drizzle dressing 2 kiwis | Salmon: 1¾c whole wheat cous cous 6oz baked salmon 1½tsp olive oil Green leafy salad 1Tbsp dressing 2c cubed cantaloupe | |
| SNACK: 2 grains 1 protein 2 fruit 1-2 fat ∞ veggies | 10 whole wheat crackers 3oz sliced turkey 1 string cheese 1½c pineapple | 1c Kashi cereal ½c low-fat frozen yogurt 1 large banana 1Tbsp all natural peanut butter | 1½oz beef jerky 1c raw veggies 10 whole wheat crackers 1 small apple 2Tbsp dried cranberries 10 almonds | |