

DAY 1		DAY 2	DAY 3	BUILD YOUR OWN
BREAKFAST: 3 grains 2 protein 2 fruit 1 fat ∞ veggies	Oatmeal: 1c cooked oatmeal w/ 2Tbsp raisins 2Tbsp craisins 10 pecan halves 1 slice whole wheat toast 1Tbsp peanut/almond butter 8oz non-fat milk	Egg Scramble: 1½ whole wheat English muffin 4 eggs scrambled w/ veggies (onions, tomatoes, spinach) 1 slice cheese 6oz 100% orange juice 1c blueberries	Cereal and Yogurt: 1½c Kashi Go Lean Crunch 1c strawberries 2c plain or Greek yogurt 10 walnut halves 6oz 100% fruit juice	
SNACK: 2 grains 1 protein 1 fruit 1-2 fat ∞ veggies	10 whole wheat crackers 14 grapes 3oz tuna w/mustard 2tsp mayonnaise veggies of choice	1c raspberries ½c cottage cheese 4 graham crackers 8 pecans	Smoothie: ½c dry rolled oats 1c frozen berries ½c Greek yogurt 4oz milk 1½ tsp flaxseed oil	
LUNCH: 3 grains 1 protein 2 fruit 1 fat ∞ veggies	Sandwich: 2 slices whole wheat bread 3oz roast beef w/ lettuce and tomato 1c baby carrots 2Tbsp hummus 1 serving baked chips 2c fresh fruit salad 1 large banana	Taco Salad: 2 corn tortillas 1c black beans 3oz chicken breast ¼ medium avocado 2c salad greens w/ 1c raw mixed veggies and salsa 1c strawberries 1 medium orange	Stuffed Pita: 1 whole 6" wheat pita 3oz sliced turkey w/ lettuce and tomato 1tsp mayonnaise ½ slice cheese 1 serving baked chips 1 medium peach 14 grapes	
SNACK: 2 grains 1 protein 1 fruit 1-2 fat ∞ veggies	1½c pretzels 1c celery and carrot sticks 1Tbsp all natural peanut butter 1 string cheese ½ large banana	10 whole wheat crackers 1c raw sugar snap peas 1 string cheese 16 raw almonds ½ large banana	Yogurt Parfait: 2 Nature Valley granola bars 1c plain or Greek yogurt 2Tbsp dried fruit 10 walnut halves	
DINNER: 3 grains 1 protein 1-2 fruit 1 fat ∞ veggies	Pasta: 1½c whole wheat penne pasta 3oz lean ground beef in tomato spaghetti sauce w/ mushrooms, onion, green pepper to sauce Green leafy salad + 1Tbsp salad dressing 12 cherries 1c strawberries	Steak and Potato: 1 small baked potato ½c cooked broccoli 1tsp butter 1Tbsp sour cream 3oz beef tenderloin ½c corn Green leafy salad + drizzle dressing 1 kiwi	Salmon: 1cup cooked whole wheat cous cous 3oz cooked salmon Green leafy salad + 1Tbsp salad dressing 1c cubed cantaloupe 1 medium orange	
SNACK: 1 grains 1 protein 1 fruit 1 fat ∞ veggies	5 whole wheat crackers 3oz sliced turkey ¾c pineapple 10 almonds	½c Kashi cereal ½c low-fat frozen yogurt ½ large banana 1 Tbsp all natural peanut butter	1½oz beef jerky 1c raw veggies 1 small apple ½ whole wheat pita 2Tbsp hummus	