

DAY 1		DAY 2		DAY 3	BUILD YOUR OWN
<b>BREAKFAST:</b> <b>3 grains</b> <b>2 protein</b> <b>2-3 fruit</b> <b>2 fat</b> <b>∞ veggies</b>	<b>Oatmeal:</b> 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	<b>Egg Scramble:</b> 1½ English muffin 3 eggs scrambled w/ 1.5oz ham and veggies (onions, tomatoes, spinach) 1 slice cheese 6oz 100% orange juice 1 large banana 1 Tbsp peanut butter	<b>Cereal and Yogurt:</b> 1½ c Kashi Go Lean Crunch 1c strawberries 1 large banana 2c plain or Greek yogurt 20 walnut halves		
<b>SNACK:</b> <b>2 grains</b> <b>1 protein</b> <b>1 fruit</b> <b>1 fat</b> <b>∞ veggies</b>	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	<b>Smoothie:</b> ½ c rolled oats 1c frozen berries ½c Greek yogurt 4oz non-fat milk 1½ tsp flaxseed oil		
<b>LUNCH:</b> <b>3 grains</b> <b>2 protein</b> <b>1 fruit</b> <b>2 fat</b> <b>∞ veggies</b>	<b>Sandwich:</b> 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	<b>Taco Salad:</b> 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	<b>Stuffed Pita:</b> 1 whole 6" wheat pita 6oz sliced turkey w/ lettuce and tomato 2tsp mayonnaise 1 slice cheese 1 serving baked chips 1 medium peach		
<b>SNACK:</b> <b>2 grain</b> <b>1 protein</b> <b>1 fruit</b> <b>1 fat</b> <b>∞ veggies</b>	1½ c pretzels 1c celery and carrot sticks 1Tbsp all natural peanut butter 1 string cheese 1 medium orange	10 whole wheat crackers 1c raw sugar snap peas (in pod) 1 string cheese 10 raw almonds 1 sliced pear	<b>Yogurt Parfait:</b> 1c Kashi Go Lean Crunch Cereal 1c plain or Greek yogurt 2Tbsp dried fruit 10 walnut halves		
<b>DINNER:</b> <b>3 grains</b> <b>2 protein</b> <b>1 fruit</b> <b>2 fat</b> <b>∞ veggies</b>	<b>Pasta:</b> 1½c whole wheat penne pasta 6oz lean ground beef in tomato spaghetti sauce w/mushrooms, onion, green pepper 2Tbsp grated parmesan green leafy salad 1 Tbsp salad dressing 12 cherries	<b>Potato/Steak:</b> 1 small baked potato ½ c cooked broccoli 2tsp butter 2Tbsp sour cream 6oz beef tenderloin ½ c corn ½ c canned peaches	<b>Salmon:</b> 1c whole wheat cous cous 6oz baked salmon 1½ tsp olive oil green leafy salad 1 Tbsp salad dressing 1c cubed cantaloupe		
<b>SNACK:</b> <b>1 grain</b> <b>1 protein</b> <b>1 fruit</b> <b>2 fat</b> <b>∞ veggies</b>	5 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 ½ c Kashi Cereal	1½ oz beef Jerky 1c raw veggies 4Tbsp hummus 1 small apple ½ whole wheat pita		