

	DAY 1	DAY 2	DAY 3	BUILD YOUR OWN
<b>BREAKFAST:</b> <b>4 grains</b> <b>2 protein</b> <b>4 fruit</b> <b>3 fat</b> ∞ veggies	<b>Oatmeal:</b> 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	<b>Egg Scramble:</b> 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	<b>Cereal and Yogurt:</b> 2c Kashi Go Lean Crunch 2c strawberries 2c plain or Greek yogurt 24 walnut halves 12 oz 100% fruit juice	
<b>SNACK:</b> <b>3 grains</b> <b>1 protein</b> <b>1 fruit</b> <b>2 fat</b> ∞ 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	<b>Smoothie:</b> 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	
<b>LUNCH:</b> <b>4 grains</b> <b>2 protein</b> <b>2 fruit</b> <b>3 fat</b> ∞ veggies	<b>Sandwich:</b> 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	<b>Taco Salad:</b> 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	<b>Stuffed Pita:</b> 1 whole 6" wheat pita 6oz sliced turkey w/ lettuce and tomato 2tsp mayonnaise 2 slices cheese 2 serving baked chips 2 medium peaches	
<b>SNACK:</b> <b>3 grains</b> <b>1 protein</b> <b>1 fruit</b> <b>2 fat</b> ∞ 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 2Tbsp hummus ½c cottage cheese ½ large banana	<b>Yogurt Parfait:</b> 1½c Kashi Go Lean Cereal 1c plain or Greek yogurt 2Tbsp dried fruit 20 walnut halves	
<b>DINNER:</b> <b>4-5 grains</b> <b>2 protein</b> <b>2 fruit</b> <b>2 fat</b> ∞ veggies	<b>Pasta:</b> 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	<b>Steak and Potato:</b> 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	<b>Salmon:</b> 1¾c whole wheat cous cous 6oz baked salmon 1½tsp olive oil Green leafy salad 1Tbsp dressing 2c cubed cantaloupe	
<b>SNACK:</b> <b>2 grains</b> <b>1 protein</b> <b>2 fruit</b> <b>1-2 fat</b> ∞ 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	