

	DAY 1	DAY 2	DAY 3	BUILD YOUR OWN
<b>BREAKFAST:</b> <b>2 grains</b> <b>1 protein</b> <b>1 fruit</b> <b>1 fat</b> ∞ veggies	<b>Oatmeal:</b> 1c cooked oatmeal w/ 2Tbsp raisins 10 pecan halves 8oz glass non-fat milk	<b>Egg Scramble:</b> 1 whole English muffin 2 eggs scrambled w/ veggies (onions, tomatoes, spinach) 1 slice cheese 6oz 100% orange juice	<b>Cereal and Yogurt:</b> 1c Kashi Go Lean Crunch 1c strawberries 1c plain or Greek yogurt 10 walnut halves	
<b>SNACK:</b> <b>1 protein</b> <b>1 fruit</b> <b>0-1 fat</b> ∞ veggies	14 grapes 3oz tuna w/mustard and 2tsp mayonnaise veggies of choice	1c raspberries ½c cottage cheese	<b>Smoothie:</b> 1c frozen berries ½c Greek yogurt 4oz non-fat milk 1½ tsp flaxseed oil	
<b>LUNCH:</b> <b>2 grains</b> <b>1 protein</b> <b>0-1 fruit</b> <b>1 fat</b> ∞ veggies	<b>Sandwich:</b> 2 slices whole wheat bread 3oz roast beef w/lettuce and tomato 1c baby carrots w/ 2Tbsp Hummus	<b>Taco Salad:</b> 1 corn tortilla ½c canned black beans 3oz ground chicken breast ¼ medium avocado 2c salad greens w/ 1c raw mixed veggies and salsa 1 small pear	<b>Stuffed Pita:</b> 1 whole 6" wheat pita 3oz sliced turkey w/lettuce and tomato 1 tsp mayonnaise ½ slice cheese 1 medium orange	
<b>SNACK:</b> <b>1 protein</b> <b>1 fruit</b> <b>0- 1 fat</b> ∞ veggies	1c celery and carrot sticks 2Tbsp all natural peanut butter ½ large banana	1c raw sugar snap peas (in pod) 1 small apple 10 raw almonds	1c plain or Greek yogurt 2Tbsp dried fruit 10 walnut halves	
<b>DINNER:</b> <b>2 grains</b> <b>1 protein</b> <b>1 fat</b> ∞ veggies	<b>Pasta:</b> 1c whole wheat penne pasta 3oz lean ground beef in tomato spaghetti sauce w/mushrooms, onion, green pepper green leafy salad w/1Tbsp salad dressing	<b>Potato/Steak:</b> 1 small baked potato ½c cooked broccoli 1tsp butter 1Tbsp sour cream 3oz beef tenderloin	<b>Salmon:</b> ¾ c whole wheat cous cous cous cous 3oz baked salmon green leafy salad w/ 1Tbsp salad dressing	
<b>SNACK:</b> <b>1 protein</b> <b>1 fat</b> ∞ veggies	3oz sliced turkey 1 string cheese 1c sliced carrots and cucumber	½ c low fat frozen yogurt 10 almonds	1½ oz beef Jerky 1c raw veggies 2Tbsp hummus	