

WEEK #2 MEAL PLAN							
MONDAY (Workout)		TUESDAY	WEDNESDAY (Workout)	THURSDAY	FRIDAY (Workout)	SATURDAY (Workout)	SUNDAY
PRE-WORKOUT SNACK	1/2 or whole banana		1/2 or whole banana		1/2 or whole banana	1 pear	
BKFST	Scrambled eggs 1 egg & 2 egg whites 1 sl. Ezekiel bread	Green Smoothie	1/2 cup Steel Cut Oats sprinkle of cinnamon	Green Smoothie	T R	1/2 cup Steel Cut Oats cinnamon	Veggie Omelet (1 egg, 2 egg whites) spinach, tomatoes, mushrooms 1/2 cup of fruit
SNACK	8oz. Greek plain yogurt 1/2 cup blueberries	1 Hard boiled egg 1/2 cup cherries	3 stalks of celery 1 Tbs. Almond butter or natural peanut butter	Water	E A	1 apple 1/4 cup raw nuts	1 Tbs. Hummus 1-2 cups Carrots/broccoli cauliflower
LUNCH	1-2 cups mix salad 1 cup of vegetables 1 string cheese 1 Tbs. Dressing	3-4 oz.Chkn Breast 1-2 cups mix greens 1 cup other veggies 1 Tbs. Dressing	tuna sandwich w/tomato slice spinach leafs 2 sl. Ezekiel Bread	1-2 cups of vegetables 1 cup of fruit	T D	Green Smoothie	Protein Shake with water
SNACK	2 Tbs. Hummus 1-2 cups carrots, cucumbers, celery	1/4 cup raw nuts	1/2 cup Cottage cheese	Water	A Y	1 hard boiled egg	1 apple 1/4 cup raw nuts
DINNER	3-4oz Fish - not fried 1 Sweet Potato 1 cup steamed broccoli	3-4 oz. Turkey Breast 1-2 cups of steamed vegetables	Protein Shake with water	Lettuce wrap w/ 1-2 cups veggies lemon juice	!	3-4 oz. lean meat 1-2 cups steamed vegetables 1/2 cup Quinoa	3-4 oz. Chicken Breast 1-2 cups asparagus
NOTES	Optional: EFA before bed or 1/2 in the AM and 1/2 in the PM Water - 1/2 body weight in ounces everyday! No iceberg lettuce						