

		(Workout)		(Workout)	(Workout)	
/2 or whole banana		1/2 or whole banana		1/2 or whole banana	1 pear	
Scrambled eggs l egg & 2 egg whites l 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
Roz. Greek plain rogurt //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
-2 cups mix salad cup of vegetables string cheese 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	Green Smoothie	Protein Shake with water
2 Tbs. Hummus I-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
8-4oz Fish - not fried Sweet Potato cup steamed proccoli	3-4 oz. Turkey Breast 1-2 cups of steamed vegetables	Protein Shake with water	Lettuce wrap w/ 1-2 cups veggies lemon juice	1	3-4 oz. lean meat 1-2 cups steamed vegetables 1/2 cup Quinoa	3-4 oz. Chicken Breast 1-2 cups asparagus
3000	egg & 2 egg whites sl. Ezekiel bread oz. Greek plain ogurt /2 cup blueberries -2 cups mix salad cup of vegetables string cheese Tbs. Dressing Tbs. Hummus -2 cups carrots, ucumbers, celery -4oz Fish - not fried Sweet Potato cup steamed	egg & 2 egg whites sl. Ezekiel bread oz. Greek plain ogurt /2 cup blueberries -2 cups mix salad cup of vegetables string cheese Tbs. Dressing Tbs. Hummus -2 cups carrots, ucumbers, celery -4oz Fish - not fried Sweet Potato cup steamed roccoli 1 Hard boiled egg 1/2 cup cherries 3-4 oz.Chkn Breast 1-2 cups mix greens 1 cup other veggies 1 Tbs. Dressing 1/4 cup raw nuts 3-4 oz. Turkey Breast 1-2 cups of steamed vegetables	oz. Greek plain ogurt /2 cup blueberries -2 cups mix salad cup of vegetables string cheese Tbs. Dressing -1/4 cup raw nuts -2 cups carrots, ucumbers, celery -4oz Fish - not fried Sweet Potato cup steamed roccoli -2 regg whites sprinkle of cinnamon 3 stalks of celery 1 Tbs. Almond butter or natural peanut butter tuna sandwich w/tomato slice spinach leafs 2 sl. Ezekiel Bread 1/2 cup Cottage cheese Protein Shake with water	egg & 2 egg whites sl. Ezekiel bread Oats sprinkle of cinnamon Oz. Greek plain ogurt of 2 cup blueberries 1 Hard boiled egg 1/2 cup cherries 1/2 cup cherries 3 stalks of celery 1 Tbs. Almond butter or natural peanut butter 1 -2 cups mix salad cup of vegetables string cheese 1 cup other veggies 1 Tbs. Dressing Tbs. Dressing 1/4 cup raw nuts 1/2 cup Cottage cheese 1 -2 cups carrots, ucumbers, celery -40z Fish - not fried Sweet Potato cup steamed roccoli Oats sprinkle of cinnamon Water 1 -2 cups of vegetables spinach leafs 2 sl. Ezekiel Bread 1/2 cup Cottage cheese Water Vater 1/2 cup Cottage cheese Water Lettuce wrap w/ 1-2 cups veggies lemon juice	egg & 2 egg whites sl. Ezekiel bread Oats sprinkle of cinnamon T R oz. Greek plain ogurt /2 cup cherries 1 Hard boiled egg 1/2 cup cherries 1 Tbs. Almond butter or natural peanut butter 1 Tbs. Almond butter or natural peanut butter 1 Tc cups mix salad cup of vegetables string cheese 1 Tbs. Dressing 1 Leg cups mix greens 1 cup other veggies 1 Tbs. Dressing 1 Tbs. Dressing 1 Leg cups of vegetables spinach leafs 2 sl. Ezekiel Bread D Tbs. Hummus 2 cups carrots, ucumbers, celery 1 Leg cups carrots, ucumbers, celery 1 Leg cups carrots, ucumbers cele	egg & 2 egg whites sl. Ezekiel bread Oats sprinkle of cinnamon T R oz. Greek plain ogurt /2 cup blueberries 1 Hard boiled egg 1/2 cup cherries 1 Stalks of celery 1 Tbs. Almond butter or natural peanut butter or natural peanut butter T Sereen Smoothie T Green Smoothie T Green Smoothie T Sereen Smoothie T