

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	3-4 egg whites sauteed veggies spray olive oil 1/2 oz goat chz 1/4 avocado salsa	2 slices turkey bacon, 1 slice whole grain toast topped w/1/4 avocado 2 egg whites sliced tomatoes	1/4c plain yogurt 1/4c Kashi 1/4c berries 1 T ground flax 1 tsp cinnamon 1 T almonds 1/4c cottage chz	oatmeal 1-2 T. whey 1/4c berries 1t cinnamon 1T raw nuts	1 chicken sausage veggies 1 Slice Toast 1 oz Goat cheese	1 EPA-DHA egg 2 egg whites smoked salmon spinach onions mushrooms tomato
AM SNACK	apple with nut butter or with 10 raw nuts	low-fat string cheese with fruit or 10 nuts	2T.hummus with apple or veggies	celery with goat cheese or nut butter	1/4 c cottage chz with berries	String cheese with 10 nuts or fruit
LUNCH	mixed greens with chicken or fish 1T. raw seeds tomatoes and other veggies	smoked salmon mixed greens veggies, onions, olive oil and lemon juice	mock vegetable pizza *see recipe	tuscan white bean and tuna salad * see recipe	cajun chicken lettuce wrap *see recipe	tortilla roll-up with chicken or turkey and veggies
PM SNACK	whey protein shake with berries	2T. hummus with apple or veggies	tortilla roll-up	kashi trail mix *see recipe	apple with 1T. nut butter	celery with nut butter or goat cheese
DINNER	sauteed shrimp with veggies and 1/2 c. brown rice	honey dijon chicken and veggies *see recipe	fish tacos and salad *see recipe	grass-fed beef with veggies and small sweet potato	turkey taco-less salad *see recipe	wild grilled salmon with 1/2 c. quinoa steamed veggies and salad
SNACK	baked apple * see recipe	yogurt and fruit	apple with 1 T nut butter	kid's Cliff z-bar	fresh fruit	2 T Hummus with cut apple or celery