

Monday				
<i>Breakfast: within 1 hour of waking</i>	<i>Snack 1: 9-10am</i>	<i>Lunch: noon - 1pm</i>	<i>Snack 2: 2:30-3:30pm</i>	<i>Dinner: 6-7pm - no later than 2-3 hours before bed</i>
3/4 cup Nature's Path Organic Optimum Banana Almond Cereal w/ 1/2 cup almond milk and 1 sliced banana	1 cup Greek yogurt w/ 1 cup frozen raspberries	Chicken Salad: spinach, chicken, strawberries, raspberry vinaigrette	5 carrot sticks, 5 celery sticks and 2 oz swiss cheese	4oz broiled chicken breast, cubed, mixed w/ 1 cup chopped cooked broccoli, 1 cup brown rice, 1/2 cup cooked chickpeas, 1/2 tsp dried oregano and squeeze 1/2 lemon
Tuesday				
<i>Breakfast</i>	<i>Snack 1</i>	<i>Lunch</i>	<i>Snack 2</i>	<i>Dinner</i>
1 cup cooked old fashioned oatmeal w/ 1/2 cup almond milk, 1 chopped pear and 1 tsp maple syrup	Protein Shake-100% Whey or Oats and Whey	Crab Waldorf Salad: 2 oz cooked crab mixed w/ 1/2 cup Greek yogurt, 1/2 cup chopped apple, and 1/4 cup each chopped celery and walnuts w/ 2 brown rice cakes and 1/2 cup sliced cucumber	1/2 cup of frozen fruit, 1/2 cup yogurt, stevia to taste	Stir Fry: Chicken w/ frozen veggie stir fry mix; rooster chili sauce to taste; opt rice noodles; pad thai kit.
Wednesday				
<i>Breakfast</i>	<i>Snack 1</i>	<i>Lunch</i>	<i>Snack 2</i>	<i>Dinner</i>
1 cup oatmeal w/ 1/2 cup of fruit and 1 scoop 100% whey protein	1/2 cup cottage cheese, 1/2 cup mixed frozen fruit, 1 tbsp sunflower seeds and 1 banana	2 tbsp peanut butter, 2 tbsp strawberry jam, 1/2 tbsp ground flaxseeds on 1 whole wheat pita w/ carrot sticks	1 cup pineapple chunks and 14 broken walnut halves	Chicken breast with your choice of frozen veggies - heated in water or steamed.
Thursday				
<i>Breakfast</i>	<i>Snack 1</i>	<i>Lunch</i>	<i>Snack 2</i>	<i>Dinner</i>
3/4 cup Nature's Path Organic Optimum Banana Almond Cereal w/ 1/2 cup almond milk and 1 sliced banana	1 bunch red or green grapes (about 15) and 2 Laughing Cow Light Blue Cheese wedges	Black Bean Burrito: refried santa fe black beans, chicken and salsa in wheat tortilla	Protein Shake-100% Whey or Oats and Whey	Pepper Steak: 4 oz beef tenderloin w/ 1 tsp olive oil, 1 cup sliced bell peppers and 1 cup sliced onion. 1 bunch of red or green grapes (about 15)
Friday				
<i>Breakfast</i>	<i>Snack 1</i>	<i>Lunch</i>	<i>Snack 2</i>	<i>Dinner</i>
1 cup Greek yogurt w/ 1/2 a mashed banana, 1 tsp honey and 3/4 cup of Nature's Path Organic Heritage Flakes	Kashi Granola Bar	Chicken Salad: spinach, chicken, strawberries, raspberry vinaigrette	1/2 cup of frozen fruit, 1/2 cup yogurt, stevia to taste	4 oz broiled catfish w/ 2 slices lemon and 1/2 tsp dried oregano over 3 cups spinach sautéed w/ 1 tsp olive oil. 1 medium baked sweet potato.
Saturday				
<i>Breakfast</i>	<i>Snack 1</i>	<i>Lunch</i>	<i>Snack 2</i>	<i>Dinner</i>
1 cup oatmeal w/ 1/2 cup of fruit and 1 scoop 100% whey protein	1 apple w/ 1 tbsp natural peanut butter	1 black bean veggie burger topped w/ sliced tomatoes, 1/2 an avocado and raw spinach leaves on Ezekiel bread	1/2 cup cottage cheese w/ 1/2 cup thawed mixed berries	Chicken w/ Vegetables- Try using different spices and healthy sauces to spice it up
Sunday				
<i>Breakfast</i>	<i>Snack 1</i>	<i>Lunch</i>	<i>Snack 2</i>	<i>Dinner</i>
2 egg whites scrambled w/ sliced mushrooms, onions, chopped cherry tomatoes, and 2 slices of Ezekiel bread	Protein Shake-100% Whey or Oats and Whey	Chicken Salad: spinach, chicken, strawberries, raspberry vinaigrette	1/2 cup of frozen fruit, 1/2 cup yogurt, stevia to taste	Fish of your choice on top of 1 cup couscous w/ 1 cup steamed green beans or broccoli