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| DAY 1 | DAY 2 |
| Breakfast2 Scrambled Eggs (182 cal, 12g protein, 13g fat, 2g carb) w/ 2 Tbsp. Salsa (8 cal, 0g protein, 0g fat, 2g carb)1 piece whole‑wheat toast (75 cal, 3g protein, 1g fat, 13g carb) with 1 Tbsp. jam (56 cal, 0g protein, 0g fat, 13g carb)1 large peach (68 cal, 2g protein, 0.5g fat, 17g carb)1 cup Coffee w/ 2 Tbsp. 2% milk (52 cal, 3.3g protein, 2g fat, 5g carb)AM Snack1 whole celery stalk, cut into spears (10 cal, 0.5g protein, 0g fat, 2g carb)1 large carrot, cut into spears (30 cal, 1g protein, 0g fat, 7g carb) served with 1/4 avocado and 1/4 cup plain low fat Greek yogurt mashed with garlic, salt and pepper for dipping (84 cal, 3g protein, 6g fat, 8g carb)Lunch4 oz. grilled chicken breast (184 cal, 25g protein, 3g fat, 0 carb)1/2 cup sliced strawberries (23 cal, 0.5g protein, 0g fat, 5g carb)1/2 cup steamed spinach w/ salt and pepper (21 cal, 3g protein, 0g fat, 3g carb)1/2 cup brown rice, steamed (109 cal, 2g protein, 1g fat, 23g carb)PM Snack1 oz. roasted, salted almonds (169 cal, 6g protein, 15g fat, 6g carb)1/2 cup fat‑free vanilla yogurt w/ low cal sweetener (43 cal, 4g protein, 0g fat, 7g carb)Dinner4 oz. broiled salmon w/ salt and pepper to taste (228 cal, 24.5g protein, 14g fat, 0g carb)1/2 cup whole‑wheat pasta (87 cal, 4 g protein, 0g fat, 19g carb)1 cup steamed broccoli (55 cal, 4g protein, 0.5g fat,6g carb)1/2 cup sautéed red peppers and onions w/ 1 Tbsp. olive oil (195 cal, 2g protein, 13g fat, 16g carb)1 small kiwi (42 cal, 1g protein, 0g fat, 10g carb)Dessert1 oz. dark chocolate (174 cal, 2g protein, 11.5g fat, 16g carb)1/2 cup blueberries (42 cal, 0.5g protein, 0g fat, 11g carb)1 cup fat‑free milk (83 cal, 8g protein, 0g fat, 12g carb) | Breakfast1 cup fat free vanilla yogurt w/ low cal sweetener (86 cal, 8g protein, 0g fat, 14g carb)1/2 cup blueberries (42 cal, 0.5g protein, 0g fat, 11g carb)1 slice whole‑wheat toast (76 cal, 4g protein, 1g fat, 13g carb) w/ 1 Tbsp. Almond butter (98 cal, 3g protein, 9g fat, 3g carb)1 cup orange juice (112 cal, 0.5g fat, 2g protein, 26g carb)AM Snack1 medium apple (95 cal, 0.5g protein, 0g fat, 25g carb)1/2 cup 2% milk cottage cheese (97 cal, 13g protein, 3g fat, 4g carb)Lunch1/2 cup light tuna, canned in water (97 cal, 0g protein, 1g fat, 0g carb) w/ 2 Tbsp. light mayo (97 cal, 0g protein, 10g fat, 2.5g carb) and w/ 2 Tbsp. chopped tomato and 2 Tbsp. capers (8 cal, 0g protein, 0g fat, 1.5g carb)16 Wheat Thin crackers (129 cal, 3g protein, 4g fat, 20g carb)1 medium orange (69 cal, 1g protein, 0g fat, 17.5g carb)1/2 cup steamed asparagus or about 8‑10 small spears (20 cal, 2g protein, 0g fat, 4g carb)PM Snack1/3 cup pistachios in the shell (229 cal, 8.5g protein, 18g fat, 11.5g carb)1 cup fat‑free milk (83 cal, 8g protein, 0g fat, 12g carb)Dinner4 oz. 95% lean ground beef (141 cal, 22g protein, 5g fat, 0g carb) cooked in a non‑stick skillet with salt/pepper to taste; served with 1/4 sliced avocado (56cal, 1g protein, 5g fat, 3g carb); 2 Tbsp. salsa (8 cal, 0g protein, 0g fat, 2g carb); 2 whole wheat tortillas (216 cal, 8g protein, 1g fat, 60g carb)1 cup green beans (44 cal, 2g protein, 0g fat, 10g carb) with 1/2 Tbsp. olive oil (60 cal, 0g protein, 6g fat, 0g carb)Dessert1 cup fat free chocolate pudding (186 cal, 4g protein, 0g fat, 42g carb) |

MEAL PLAN