

DAILY MEAL PLAN

Breakfast

1 cup egg beaters
Pico de Gallo
Instant Grits or oatmeal
sweetened with honey or truvia

Mid Meal

Leftover protein
brown rice

Lunch

Turkey Taco w/ Lettuce Wraps
Strawberries

Mid Meal

1 Tbsp Natural
Peanut Butter
med. apple

Dinner

Balsamic Stung Pork
Tendorloin
Roasted Vegetables
Quinoa

Last Meal

Popcorn
popped or Skinny Pop

Breakfast

1 piece of Canadian Bacon
1 cup oatmeal
1 cup Blueberries

Mid Meal

Leftover Pork Tenderloin
Quinoa

Lunch

Grilled Turkey Burger
Black Bean Corn Salsa

Mid Meal

Protein Shake
with fresh/frozen fruit

Dinner

Cajun Shrimp Dirty Rice
Grilled Zucchini

Last Meal

Leftover protein

Breakfast

1 piece of Turkey Bacon
Petite Potatoes
Orange

Mid Meal

Tuna salad
baby carrots or celery

Lunch

Leftover Cajun Shrimp
Dirty Rice
Spinach Salad

Mid Meal

¼ cup of mixed nuts (low
salt or unsalted preferred)
Fruit of your choice

Dinner

Grilled Tuna or Fish of
your choice
Roasted Cauliflower
Quinoa (with diced
peppers and onion)

Last Meal

Protein Shake
Any vegetable

*Tastefully Fit