

DAILY MEAL PLAN

Breakfast

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

Mid Meal

Leftover grilled chicken
Leftover brown rice

Lunch

Tuna Salad
Baby Carrots

Mid Meal

Protein Shake
fresh/frozen fruit

Dinner

Crab Cakes
Roasted Asparagus
Fingerling Potatoes

Last Meal

Leftover chicken or protein
Any vegetable

Breakfast

1 slice of Turkey Bacon
oatmeal
1 cup or fruit or 1 apple

Mid Meal

Leftover crab cake
Leftover fingerling potatoes

Lunch

Grilled Chicken
Grilled vegetables
Sweet Potato

Mid Meal

¼ cup of nuts
Fruit of your choice

Dinner

South of the Border
Sirloin Steak w brown rice
Pico de Gallo

Last Meal

Protein shake
(no fruit included)

Breakfast

1 cup of egg beaters
Turkey sausage
Sweet potatoes

Mid Meal

Leftover protein
Banana

Lunch

Leftover South of the
Border steak
Brown Rice/ AnyVegetable

Mid Meal

Protein Shake
Baby carrots or celery

Dinner

Turkey Meatballs
Brown Rice
Green Beans

Last Meal

Leftover protein
Any vegetable