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| DAY 1 | DAY 2 |
| Breakfast  2 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 Snack  1 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)  Lunch  4 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 Snack  1 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)  Dinner  4 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)  Dessert  1 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) | Breakfast  1 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 Snack  1 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)  Lunch  1/2 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 Snack  1/3 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)  Dinner  4 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)  Dessert  1 cup fat free chocolate pudding (186 cal, 4g protein, 0g fat, 42g carb) |

MEAL PLAN