

4-Week Dairy Free Meal Plan

Week 1	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<p>1/2c rolled oats in 1c coconut milk with 1/4c blueberries and 1/8c walnuts</p> <p>Cal:421 Fat: 21g Pro: 16 Carb: 23</p>	<p>Tuna salad (5oz tuna over 2c lettuce with 1/2 cucumber, sliced, and 1/2c bell peppers and onions)</p> <p>Cal:161 Fat: 1g Pro: 30 Carb: 9</p> <p>1/2c mashed sweet potatoes</p> <p>Cal:129 Fat: 0g Pro: 3 Carb: 30</p>	<p>2c spaghetti squash with 3oz lean ground beef and 1/2c tomato sauce</p> <p>Cal:251 Fat: 7g Pro: 19 Carb: 29</p>	<p>1c cauliflower with 2T hummus</p> <p>Cal:85 Fat: 4g Pro: 4 Carb: 9</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>Cal:1207 Fat: 48g Pro: 74 Carb: 107</p>
Day 2	<p>1 WG English muffin topped with 2 tomato slices and 2 scrambled eggs</p> <p>Cal:300 Fat: 12g Pro: 18 Carb: 30</p>	<p>1 slice WG bread topped with 1T nut butter, 1/4 banana</p> <p>Cal:231 Fat: 10g Pro: 9 Carb: 32</p>	<p>3oz salmon</p> <p>Cal:160 Fat: 7g Pro: 22 Carb: 0</p> <p>1c asparagus</p> <p>Cal:27 Fat: 0g Pro: 3 Carb: 5</p>	<p>1/2c roasted chickpeas</p> <p>Cal:100 Fat: 2g Pro: 5 Carb: 17</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>Cal:953 Fat: 39g Pro: 61 Carb: 99</p>
Day 3	<p>3 eggs scrambled</p> <p>Cal:270 Fat: 15g Pro: 18 Carb: 0</p> <p>1 small apple</p> <p>Cal:80 Fat: 0g Pro: 0 Carb: 22</p>	<p>Tuna salad (5oz tuna over 2c lettuce with 1/2 cucumber, sliced, and 1/2c bell peppers and onions)</p> <p>Cal:161 Fat: 1g Pro: 30 Carb: 9</p> <p>1/2c mashed sweet potatoes</p> <p>Cal:129 Fat: 0g Pro: 3 Carb: 30</p>	<p>2c spaghetti squash with 3oz lean ground beef and 1/2c tomato sauce</p> <p>Cal:251 Fat: 7g Pro: 19 Carb: 29</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>Cal:1186 Fat: 46g Pro: 76 Carb: 112</p>
Day 4	<p>1/2c rolled oats in 1c coconut milk with 1/4c blueberries and 1/8c walnuts</p> <p>Cal:421 Fat: 21g Pro: 16 Carb: 23</p>	<p>1 slice WG bread topped with 1T nut butter, 1/4 banana</p> <p>Cal:231 Fat: 10g Pro: 9 Carb: 32</p>	<p>Scallop stir fry (1c cauliflower rice, 4oz scallops, 1/2c broccoli and carrots, 1/2c bell peppers and onions, 1/4c green beans, 1/2c zucchini and yellow squash, 1 scrambled egg)</p> <p>Cal:252 Fat: 6g Pro: 27 Carb: 29</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>1/2c edamame</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>Cal:1164 Fat: 55g Pro: 62 Carb: 101</p>
Day 5	<p>3 eggs scrambled</p> <p>Cal:270 Fat: 15g Pro: 18 Carb: 0</p> <p>1 small apple</p> <p>Cal:80 Fat: 0g Pro: 0 Carb: 22</p>	<p>Tuna salad (5oz tuna over 2c lettuce with 1/2 cucumber, sliced, and 1/2c bell peppers and onions)</p> <p>Cal:161 Fat: 1g Pro: 30 Carb: 9</p> <p>1/2c mashed sweet potatoes</p> <p>Cal:129 Fat: 0g Pro: 3 Carb: 30</p>	<p>2c spaghetti squash with 3oz lean ground beef and 1/2c tomato sauce</p> <p>Cal:251 Fat: 7g Pro: 19 Carb: 29</p>	<p>1c broccoli with 2T hummus</p> <p>Cal:90 Fat: 4g Pro: 4 Carb: 10</p>	<p>1/2c carrots with 1T nut butter</p> <p>Cal:121 Fat: 8g Pro: 5 Carb: 10</p>	<p>Cal:1102 Fat: 35g Pro: 79 Carb: 110</p>
Day 6	<p>1 WG English muffin topped with 2 tomato slices and 2 scrambled eggs</p> <p>Cal:300 Fat: 12g Pro: 18 Carb: 30</p>	<p>1 slice WG bread topped with 1T nut butter, 1/4 banana</p> <p>Cal:231 Fat: 10g Pro: 9 Carb: 32</p>	<p>3oz salmon</p> <p>Cal:160 Fat: 7g Pro: 22 Carb: 0</p> <p>1c asparagus</p> <p>Cal:27 Fat: 0g Pro: 3 Carb: 5</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>1/2c edamame</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>Cal:978 Fat: 47g Pro: 62 Carb: 84</p>
Day 7	<p>1/2c rolled oats in 1c coconut milk with 1/4c blueberries and 1/8c walnuts</p> <p>Cal:421 Fat: 21g Pro: 16 Carb: 23</p>	<p>Tuna salad (5oz tuna over 2c lettuce with 1/2 cucumber, sliced, and 1/2c bell peppers and onions)</p> <p>Cal:161 Fat: 1g Pro: 30 Carb: 9</p> <p>1/2c mashed sweet potatoes</p> <p>Cal:129 Fat: 0g Pro: 3 Carb: 30</p>	<p>Scallop stir fry (1c cauliflower rice, 4oz scallops, 1/2c broccoli and carrots, 1/2c bell peppers and onions, 1/4c green beans, 1/2c zucchini and yellow squash, 1 scrambled egg)</p> <p>Cal:252 Fat: 6g Pro: 27 Carb: 29</p>	<p>1/2c carrots with 1T nut butter</p> <p>Cal:121 Fat: 8g Pro: 5 Carb: 10</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>Cal:1219 Fat: 44g Pro: 85 Carb: 116</p>

4-Week Dairy Free Meal Plan

Week 2	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<p>2 slices WG toast topped with 1 poached egg each</p> <p>Cal:360 Fat: 13g Pro: 22 Carb: 42</p>	<p>Arugula shrimp salad (2c arugula, 3oz shrimp, 1/4c tomatoes, 10 olives, 1T olive oil)</p> <p>Cal:270 Fat: 20g Pro: 20 Carb: 6</p>	<p>2 small chicken drums - coat lightly with honey before baking</p> <p>Cal:232 Fat: 12g Pro: 28 Carb: 0</p> <p>1/2 mashed sweet potato</p> <p>Cal:129 Fat: 0g Pro: 3 Carb: 30</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>1c cauliflower with 2T hummus</p> <p>Cal:85 Fat: 4g Pro: 4 Carb: 9</p>	<p>Cal:1211 Fat: 57g Pro: 81 Carb: 102</p>
Day 2	<p>3 scrambled eggs</p> <p>Cal:210 Fat: 15g Pro: 18 Carb: 0</p> <p>1c cucumbers</p> <p>Cal:32 Fat: 0g Pro: 0 Carb: 8</p>	<p>PB&B wrap (1 corn tortilla with 2T nut butter and 1/2c blackberries)</p> <p>Cal:271 Fat: 16g Pro: 9 Carb: 26</p>	<p>Chicken Cobb salad (2c lettuce, 3oz chicken breast, 1 hard-boiled egg, 1/2c tomatoes, 1/4c red onions, 1/2 avocado)</p> <p>Cal:264 Fat: 12g Pro: 27 Carb: 15</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>1/2c edamame</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>Cal:1037 Fat: 61g Pro: 64 Carb: 66</p>
Day 3	<p>Pumpkin oatmeal (1/2 cup rolled oats, 1/2 cup pumpkin puree, 1/2 cup coconut milk, pumpkin pie spice to taste)</p> <p>Cal:275 Fat: 8g Pro: 10 Carb: 43</p>	<p>Arugula shrimp salad (2c arugula, 3oz shrimp, 1/4c tomatoes, 10 olives, 1T olive oil)</p> <p>Cal:270 Fat: 20g Pro: 20 Carb: 6</p>	<p>4oz cod (baked with 1T olive oil)</p> <p>Cal:258 Fat: 18g Pro: 24 Carb: 0</p> <p>1 cup cauliflower</p> <p>Cal:25 Fat: 0g Pro: 2 Carb: 5</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>1c mushrooms with 2T hummus</p> <p>Cal:90 Fat: 4g Pro: 6 Carb: 8</p>	<p>Cal:1078 Fat: 65g Pro: 64 Carb: 69</p>
Day 4	<p>3 scrambled eggs</p> <p>Cal:210 Fat: 15g Pro: 18 Carb: 0</p> <p>1c cucumbers</p> <p>Cal:32 Fat: 0g Pro: 0 Carb: 8</p>	<p>PB&B wrap (1 corn tortilla with 2T nut butter and 1/2c blackberries)</p> <p>Cal:271 Fat: 16g Pro: 9 Carb: 26</p>	<p>2 small chicken drums - coat lightly with honey before baking</p> <p>Cal:232 Fat: 12g Pro: 28 Carb: 0</p> <p>1/2 mashed sweet potato</p> <p>Cal:129 Fat: 0g Pro: 3 Carb: 30</p>	<p>2 hard-boiled egg</p> <p>Cal:140 Fat: 10g Pro: 12 Carb: 0</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>Cal:1174 Fat: 68g Pro: 72 Carb: 71</p>
Day 5	<p>2 slices WG toast topped with 1 poached egg each</p> <p>Cal:360 Fat: 13g Pro: 22 Carb: 42</p>	<p>Arugula shrimp salad (2c arugula, 3oz shrimp, 1/4c tomatoes, 10 olives, 1T olive oil)</p> <p>Cal:270 Fat: 20g Pro: 20 Carb: 6</p>	<p>4oz cod (baked with 1T olive oil)</p> <p>Cal:258 Fat: 18g Pro: 24 Carb: 0</p> <p>1 cup cauliflower</p> <p>Cal:25 Fat: 0g Pro: 2 Carb: 5</p>	<p>1 cup celery with 2T hummus</p> <p>Cal:76 Fat: 4g Pro: 3 Carb: 7</p>	<p>2 hard-boiled egg</p> <p>Cal:140 Fat: 10g Pro: 12 Carb: 0</p>	<p>Cal:1129 Fat: 65g Pro: 83 Carb: 60</p>
Day 6	<p>3 scrambled eggs</p> <p>Cal:210 Fat: 15g Pro: 18 Carb: 0</p> <p>1c cucumbers</p> <p>Cal:32 Fat: 0g Pro: 0 Carb: 8</p>	<p>PB&B wrap (1 corn tortilla with 2T nut butter and 1/2c blackberries)</p> <p>Cal:271 Fat: 16g Pro: 9 Carb: 26</p>	<p>Chicken Cobb salad (2c lettuce, 3oz chicken breast, 1 hard-boiled egg, 1/2c tomatoes, 1/4c red onions, 1/2 avocado)</p> <p>Cal:264 Fat: 12g Pro: 27 Carb: 15</p>	<p>1/2c roasted chickpeas</p> <p>Cal:100 Fat: 2g Pro: 5 Carb: 17</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>Cal:1037 Fat: 60g Pro: 61 Carb: 73</p>
Day 7	<p>Pumpkin oatmeal (1/2 cup rolled oats, 1/2 cup pumpkin puree, 1/2 cup coconut milk, pumpkin pie spice to taste)</p> <p>Cal:275 Fat: 8g Pro: 10 Carb: 43</p>	<p>Arugula shrimp salad (2c arugula, 3oz shrimp, 1/4c tomatoes, 10 olives, 1T olive oil)</p> <p>Cal:270 Fat: 20g Pro: 20 Carb: 6</p>	<p>2 small chicken drums - coat lightly with honey before baking</p> <p>Cal:232 Fat: 12g Pro: 28 Carb: 0</p> <p>1/2 mashed sweet potato</p> <p>Cal:129 Fat: 0g Pro: 3 Carb: 30</p>	<p>1/2c carrots with 1T nut butter</p> <p>Cal:121 Fat: 8g Pro: 5 Carb: 10</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>Cal:1162 Fat: 56g Pro: 70 Carb: 104</p>

4-Week Dairy Free Meal Plan

Week 3	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<p>1 slice WG toast topped with 1/4 avocado and 1 poached egg</p> <p>Cal:239 Fat: 12g Pro: 12 Carb: 24</p> <p>1/2c strawberries</p> <p>Cal:24 Fat: 0g Pro: 1 Carb: 6</p>	<p>Tomato lobster bisque (1c tomato soup, 4 slices tomatoes, 1/4c coconut cream, 3oz lobster)</p> <p>Cal:330 Fat: 11g Pro: 10 Carb: 29</p>	<p>3oz tuna sashimi</p> <p>Cal:93 Fat: 1g Pro: 20 Carb: 0</p> <p>1/2c brown rice with 1/2c peas and carrots</p> <p>Cal:145 Fat: 1g Pro: 5 Carb: 30</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>2 hard-boiled egg</p> <p>Cal:140 Fat: 10g Pro: 12 Carb: 0</p>	<p>Cal:1106 Fat: 43g Pro: 64 Carb: 104</p>
Day 2	<p>1 cup egg whites</p> <p>Cal:118 Fat: 0g Pro: 24 Carb: 2</p> <p>1 slice whole grain toast with 1T nut butter</p> <p>Cal:205 Fat: 10g Pro: 9 Carb: 25</p>	<p>Chicken salad (3c leafy greens, 3oz chicken breast, 1/2 apple, 1T pecans, 1/2 cucumber)</p> <p>Cal:300 Fat: 10g Pro: 30 Carb: 24</p>	<p>3oz steak</p> <p>Cal:113 Fat: 5g Pro: 16 Carb: 2</p> <p>1c asparagus</p> <p>Cal:27 Fat: 0g Pro: 3 Carb: 5</p>	<p>2 hard-boiled egg</p> <p>Cal:140 Fat: 10g Pro: 12 Carb: 0</p>	<p>1/2c edamame</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>Cal:1003 Fat: 38g Pro: 102 Carb: 68</p>
Day 3	<p>Coconut granola "cereal" (1/8 cup crushed walnuts, 1/4 cup rolled oats, 1/4 cup sunflower seeds, 1/4 cup dried strawberries, and 1/4 cup shredded coconut all in 1 cup of coconut milk)</p> <p>Cal:483 Fat: 33g Pro: 17 Carb: 37</p>	<p>Tomato lobster bisque (1c tomato soup, 4 slices tomatoes, 1/4c coconut cream, 3oz lobster)</p> <p>Cal:330 Fat: 11g Pro: 10 Carb: 29</p>	<p>3oz turkey breast with 1/4 avocado</p> <p>Cal:156 Fat: 8g Pro: 18 Carb: 3</p> <p>1c cauliflower</p> <p>Cal:25 Fat: 0g Pro: 2 Carb: 5</p>	<p>1 hard-boiled egg</p> <p>Cal:70 Fat: 5g Pro: 6 Carb: 0</p>	<p>1/2c edamame</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>Cal:1164 Fat: 60g Pro: 61 Carb: 84</p>
Day 4	<p>1 cup egg whites</p> <p>Cal:118 Fat: 0g Pro: 24 Carb: 2</p> <p>1 slice whole grain toast with 1T nut butter</p> <p>Cal:205 Fat: 10g Pro: 9 Carb: 25</p>	<p>Chicken salad (3c leafy greens, 3oz chicken breast, 1/2 apple, 1T pecans, 1/2 cucumber)</p> <p>Cal:300 Fat: 10g Pro: 30 Carb: 24</p>	<p>3oz tuna sashimi</p> <p>Cal:93 Fat: 1g Pro: 20 Carb: 0</p> <p>1/2c brown rice with 1/2c peas and carrots</p> <p>Cal:145 Fat: 1g Pro: 5 Carb: 30</p>	<p>1/2c carrots with 1T nut butter</p> <p>Cal:121 Fat: 8g Pro: 5 Carb: 10</p>	<p>1 cup celery with 2T hummus</p> <p>Cal:76 Fat: 4g Pro: 3 Carb: 7</p>	<p>Cal:1058 Fat: 34g Pro: 96 Carb: 98</p>
Day 5	<p>Coconut granola "cereal" (1/8 cup crushed walnuts, 1/4 cup rolled oats, 1/4 cup sunflower seeds, 1/4 cup dried strawberries, and 1/4 cup shredded coconut all in 1 cup of coconut milk)</p> <p>Cal:483 Fat: 33g Pro: 17 Carb: 37</p>	<p>Tomato lobster bisque (1c tomato soup, 4 slices tomatoes, 1/4c coconut cream, 3oz lobster)</p> <p>Cal:330 Fat: 11g Pro: 10 Carb: 29</p>	<p>3oz steak</p> <p>Cal:113 Fat: 5g Pro: 16 Carb: 2</p> <p>1c asparagus</p> <p>Cal:27 Fat: 0g Pro: 3 Carb: 5</p>	<p>1/2c edamame</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>1c mushrooms with 2T hummus</p> <p>Cal:90 Fat: 4g Pro: 6 Carb: 8</p>	<p>Cal:1143 Fat: 56g Pro: 60 Carb: 91</p>
Day 6	<p>1 cup egg whites</p> <p>Cal:118 Fat: 0g Pro: 24 Carb: 2</p> <p>1 slice whole grain toast with 1T nut butter</p> <p>Cal:205 Fat: 10g Pro: 9 Carb: 25</p>	<p>Chicken salad (3c leafy greens, 3oz chicken breast, 1/2 apple, 1T pecans, 1/2 cucumber)</p> <p>Cal:300 Fat: 10g Pro: 30 Carb: 24</p>	<p>3oz tuna sashimi</p> <p>Cal:93 Fat: 1g Pro: 20 Carb: 0</p> <p>1/2c brown rice with 1/2c peas and carrots</p> <p>Cal:145 Fat: 1g Pro: 5 Carb: 30</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>Cal:1156 Fat: 45g Pro: 94 Carb: 103</p>
Day 7	<p>Coconut granola "cereal" (1/8 cup crushed walnuts, 1/4 cup rolled oats, 1/4 cup sunflower seeds, 1/4 cup dried strawberries, and 1/4 cup shredded coconut all in 1 cup of coconut milk)</p> <p>Cal:483 Fat: 33g Pro: 17 Carb: 37</p>	<p>Tomato lobster bisque (1c tomato soup, 4 slices tomatoes, 1/4c coconut cream, 3oz lobster)</p> <p>Cal:330 Fat: 11g Pro: 10 Carb: 29</p>	<p>3oz turkey breast with 1/4 avocado</p> <p>Cal:156 Fat: 8g Pro: 18 Carb: 3</p> <p>1c cauliflower</p> <p>Cal:25 Fat: 0g Pro: 2 Carb: 5</p>	<p>1 hard-boiled egg</p> <p>Cal:70 Fat: 5g Pro: 6 Carb: 0</p>	<p>1/2c edamame</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>Cal:1164 Fat: 60g Pro: 61 Carb: 84</p>

4-Week Dairy Free Meal Plan

Week 4	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<p>Pumpkin toast (1 slice WG toast topped with 1/4c pumpkin puree and 1/8c pumpkin seeds)</p> <p>Cal:227 Fat: 11g Pro: 11 Carb: 25</p> <p>1/2c strawberries Cal:24 Fat: 0g Pro: 1 Carb: 6</p>	<p>Fish soup (2c coconut milk, 1/2c kidney beans, 3oz whitefish, 1/4c onions, 1/4c red peppers)</p> <p>Cal:296 Fat: 15g Pro: 23 Carb: 17</p>	<p>3oz duck breast</p> <p>Cal:122 Fat: 3g Pro: 23 Carb: 0</p> <p>1c tomatoes baked in balsamic vinegar</p> <p>Cal:50 Fat: 0g Pro: 2 Carb: 10</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>2 hard-boiled egg</p> <p>Cal:140 Fat: 10g Pro: 12 Carb: 0</p>	<p>Cal:1019 Fat: 54g Pro: 74 Carb: 65</p>
Day 2	<p>1 slice WG toast with 2T nut butter and 1/8c coconut shavings</p> <p>Cal:316 Fat: 20g Pro: 11 Carb: 29</p> <p>1/2c snap peas</p> <p>Cal:20 Fat: 0g Pro: Carb: 4</p>	<p>Turkey wrap (1 corn tortilla with 2T hummus, 3oz turkey breast, 1/4 avocado, and leaf of lettuce)</p> <p>Cal:265 Fat: 13g Pro: 21 Carb: 17</p>	<p>Citrus baked chicken thigh (1 chicken thigh, baked with 2 slices of orange and a squeeze of lemon juice)</p> <p>Cal:248 Fat: 19g Pro: 18 Carb: 2</p> <p>1c sautéed spinach (in 1T olive oil)</p> <p>Cal:126 Fat: 14g Pro: 1 Carb: 1</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>1 hard-boiled egg</p> <p>Cal:70 Fat: 5g Pro: 6 Carb: 0</p>	<p>Cal:1180 Fat: 79g Pro: 62 Carb: 68</p>
Day 3	<p>2 scrambled eggs with 2oz chicken breast</p> <p>Cal:195 Fat: 12g Pro: 23 Carb: 0</p> <p>1 small banana</p> <p>Cal:90 Fat: 0g Pro: 1 Carb: 23</p>	<p>Fish soup (2c coconut milk, 1/2c kidney beans, 3oz whitefish, 1/4c onions, 1/4c red peppers)</p> <p>Cal:296 Fat: 15g Pro: 23 Carb: 17</p>	<p>3oz duck breast</p> <p>Cal:122 Fat: 3g Pro: 23 Carb: 0</p> <p>1c tomatoes baked in balsamic vinegar</p> <p>Cal:50 Fat: 0g Pro: 2 Carb: 10</p>	<p>1c broccoli with 2T hummus</p> <p>Cal:90 Fat: 4g Pro: 4 Carb: 10</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>Cal:1003 Fat: 49g Pro: 78 Carb: 67</p>
Day 4	<p>Pumpkin toast (1 slice WG toast topped with 1/4c pumpkin puree and 1/8c pumpkin seeds)</p> <p>Cal:227 Fat: 11g Pro: 11 Carb: 25</p> <p>1/2c strawberries</p> <p>Cal:24 Fat: 0g Pro: 1 Carb: 6</p>	<p>Turkey wrap (1 corn tortilla with 2T hummus, 3oz turkey breast, 1/4 avocado, and leaf of lettuce)</p> <p>Cal:265 Fat: 13g Pro: 21 Carb: 17</p>	<p>Tomato-baked halibut (3oz halibut baked with 1/2c tomatoes)</p> <p>Cal:142 Fat: 3g Pro: 22 Carb: 5</p> <p>1/2c Brussels sprouts topped with 1/4c parmesan</p> <p>Cal:113 Fat: 5g Pro: 10 Carb: 6</p>	<p>2 hard-boiled egg</p> <p>Cal:140 Fat: 10g Pro: 12 Carb: 0</p>	<p>1/2c carrots with 1T nut butter</p> <p>Cal:121 Fat: 8g Pro: 5 Carb: 10</p>	<p>Cal:1032 Fat: 50g Pro: 82 Carb: 69</p>
Day 5	<p>2 scrambled eggs with 2oz chicken breast</p> <p>Cal:195 Fat: 12g Pro: 23 Carb: 0</p> <p>1 small banana</p> <p>Cal:90 Fat: 0g Pro: 1 Carb: 23</p>	<p>Fish soup (2c coconut milk, 1/2c kidney beans, 3oz whitefish, 1/4c onions, 1/4c red peppers)</p> <p>Cal:296 Fat: 15g Pro: 23 Carb: 17</p>	<p>3oz duck breast</p> <p>Cal:122 Fat: 3g Pro: 23 Carb: 0</p> <p>1c tomatoes baked in balsamic vinegar</p> <p>Cal:50 Fat: 0g Pro: 2 Carb: 10</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>1/2c edamame</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>Cal:1013 Fat: 48g Pro: 82 Carb: 67</p>
Day 6	<p>1 slice WG toast with 2T nut butter and 1/8c coconut shavings</p> <p>Cal:316 Fat: 20g Pro: 11 Carb: 29</p> <p>1/2c snap peas</p> <p>Cal:20 Fat: 0g Pro: Carb: 4</p>	<p>Turkey wrap (1 corn tortilla with 2T hummus, 3oz turkey breast, 1/4 avocado, and leaf of lettuce)</p> <p>Cal:265 Fat: 13g Pro: 21 Carb: 17</p>	<p>Citrus baked chicken thigh (1 chicken thigh, baked with 2 slices of orange and a squeeze of lemon juice)</p> <p>Cal:248 Fat: 19g Pro: 18 Carb: 2</p> <p>1c sautéed spinach (in 1T olive oil)</p> <p>Cal:126 Fat: 14g Pro: 1 Carb: 1</p>	<p>1 hard-boiled egg</p> <p>Cal:70 Fat: 5g Pro: 6 Carb: 0</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>Cal:1206 Fat : 86g Pro: 61 Carb: 60</p>
Day 7	<p>Pumpkin toast (1 slice WG toast topped with 1/4c pumpkin puree and 1/8c pumpkin seeds)</p> <p>Cal:227 Fat: 11g Pro: 11 Carb: 25</p> <p>1/2c strawberries</p> <p>Cal:24 Fat: 0g Pro: 1 Carb: 6</p>	<p>Fish soup (2c coconut milk, 1/2c kidney beans, 3oz whitefish, 1/4c onions, 1/4c red peppers)</p> <p>Cal:296 Fat: 15g Pro: 23 Carb: 17</p>	<p>Tomato-baked halibut (3oz halibut baked with 1/2c tomatoes)</p> <p>Cal:142 Fat: 3g Pro: 22 Carb: 5</p> <p>1/2c Brussels sprouts topped with 1/4c parmesan</p> <p>Cal:113 Fat: 5g Pro: 10 Carb: 6</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>2 hard-boiled egg</p> <p>Cal:140 Fat: 10g Pro: 12 Carb: 0</p>	<p>Cal:1102 Fat: 59g Pro: 81 Carb: 66</p>