

4-Week Whole Food Meal Plan 1

WEEK 1	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<p>3 scrambled eggs</p> <p>Cal:210 Fat: 15g Pro: 18 Carb: 0</p> <p>1 small banana</p> <p>Cal:90 Fat: 0g Pro: 1 Carb: 23</p>	<p>3oz chicken breast</p> <p>Cal:105 Fat: 3g Pro: 18 Carb: 0</p> <p>1c spinach, 1/4c strawberries, 1/4c feta cheese</p> <p>Cal:90 Fat: 6g Pro: 6 Carb: 5</p>	<p>Pizza muffin (1 WG English muffin, topped with 1 tomato slice, 2T mozzarella cheese, 1.5oz chicken breast)</p> <p>Cal:313 Fat: 9g Pro: 32 Carb: 26</p> <p>1/2c broccoli</p> <p>Cal:15 Fat: 0g Pro: 2 Carb: 3</p>	<p>Berry smoothie (1c whole milk, 1/4c blueberries, 1/4c raspberries, 1/4c strawberries)</p> <p>Cal:204 Fat: 8g Pro: 8 Carb: 24</p>	<p>1 Chewy Protein Bar</p> <p>Cal:190 Fat: 3g Pro: 10 Carb: 14</p>	<p>Cal:1217 Fat: 44g Pro: 95 Carb: 95</p>
Day 2	<p>1 whole wheat bagel with 2T cream cheese, 2oz smoked salmon, 2 slices of tomato</p> <p>Cal:300 Fat: 9g Pro: 18 Carb: 39</p> <p>1/2 grapefruit</p> <p>Cal:41 Fat: 0g Pro: 1 Carb: 10</p>	<p>Burrito bowl (1/2c brown rice, 1c lettuce, 2oz steak, 1/4c shredded cheese, 2 tomato slices, 1/4 avocado)</p> <p>Cal:413 Fat: 21g Pro: 26 Carb: 30</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>1/2c edamame</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>1 cup celery with 2T hummus</p> <p>Cal:76 Fat: 4g Pro: 3 Carb: 7</p>	<p>Cal:1213 Fat: 55g Pro: 82 Carb: 101</p>
Day 3	<p>1c cottage cheese with 1c mixed berries</p> <p>Cal:233 Fat: 3g Pro: 29 Carb: 23</p> <p>1 slice toast with 1T nut butter</p> <p>Cal:205 Fat: 10g Pro: 9 Carb: 25</p>	<p>3oz chicken breast</p> <p>Cal:105 Fat: 3g Pro: 18 Carb: 0</p> <p>1c spinach, 1/4c strawberries, 1/4c feta cheese</p> <p>Cal:90 Fat: 6g Pro: 6 Carb: 5</p>	<p>Green lentil salad (1/4 cup green lentils, 1/4 tomato, diced, 1/4 red bell pepper, 1/4 red onion, 1/4 cup fennel, 1/4 cup artichoke hearts, 3oz turkey breast, over 1c lettuce)</p> <p>Cal:214 Fat: 3g Pro: 25 Carb: 24</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>1/2c carrots with 1T nut butter</p> <p>Cal:121 Fat: 8g Pro: 5 Carb: 10</p>	<p>Cal:1103 Fat: 41g Pro: 96 Carb: 102</p>
Day 4	<p>3 scrambled eggs</p> <p>Cal:210 Fat: 15g Pro: 18 Carb: 0</p> <p>1 small banana</p> <p>Cal:90 Fat: 0g Pro: 1 Carb: 23</p>	<p>Burrito bowl (1/2c brown rice, 1c lettuce, 2oz steak, 1/4c shredded cheese, 2 tomato slices, 1/4 avocado)</p> <p>Cal:413 Fat: 21g Pro: 26 Carb: 30</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>1 Chewy Protein Bar</p> <p>Cal:190 Fat: 3g Pro: 10 Carb: 14</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>Cal:1262 Fat: 61g Pro: 84 Carb: 79</p>
Day 5	<p>1 whole wheat bagel with 2T cream cheese, 2oz smoked salmon, 2 slices of tomato</p> <p>Cal:300 Fat: 9g Pro: 18 Carb: 39</p> <p>1/2 grapefruit</p> <p>Cal:41 Fat: 0g Pro: 1 Carb: 10</p>	<p>3oz chicken breast</p> <p>Cal:105 Fat: 3g Pro: 18 Carb: 0</p> <p>1c spinach, 1/4c strawberries, 1/4c feta cheese</p> <p>Cal:90 Fat: 6g Pro: 6 Carb: 5</p>	<p>Pizza muffin (1 WG English muffin, halved with 1 tomato slice, 2T mozzarella cheese, 1.5oz chicken breast)</p> <p>Cal:313 Fat: 9g Pro: 32 Carb: 26</p> <p>1/2c broccoli</p> <p>Cal:15 Fat: 0g Pro: 2 Carb: 3</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:1079 Fat: 43g Pro: 85 Carb: 98</p>
Day 6	<p>3 scrambled eggs</p> <p>Cal:210 Fat: 15g Pro: 18 Carb: 0</p> <p>1 small banana</p> <p>Cal:90 Fat: 0g Pro: 1 Carb: 23</p>	<p>Burrito bowl (1/2c brown rice, 1c lettuce, 2oz steak, 1/4c shredded cheese, 2 tomato slices, 1/4 avocado)</p> <p>Cal:413 Fat: 21g Pro: 26 Carb: 30</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>1/2c edamame</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>Cal:1172 Fat: 61g Pro: 82 Carb: 75</p>
Day 7	<p>1c cottage cheese with 1c mixed berries</p> <p>Cal:233 Fat: 3g Pro: 29 Carb: 23</p> <p>1 slice whole grain toast with 1T nut butter</p> <p>Cal:205 Fat: 10g Pro: 9 Carb: 25</p>	<p>3oz chicken breast</p> <p>Cal:105 Fat: 3g Pro: 18 Carb: 0</p> <p>1c spinach, 1/4c strawberries, 1/4c feta cheese</p> <p>Cal:90 Fat: 6g Pro: 6 Carb: 5</p>	<p>Green lentil salad (1/4 cup green lentils, 1/4 tomato, diced, 1/4 red bell pepper, 1/4 small red onion, 1/4 cup fennel, 1/4 cup artichoke hearts, 3oz turkey breast, over 1c lettuce)</p> <p>Cal:214 Fat: 3g Pro: 25 Carb: 24</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:1044 Fat: 37g Pro: 95 Carb: 94</p>

4-Week Whole Food Meal Plan 1

Week 2	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<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>2 small chicken drums - coat lightly with honey before baking</p> <p>Cal:232 Fat: 12g Pro: 28 Carb: 0</p> <p>1c broccoli</p> <p>Cal:31 Fat: 0g Pro: 3 Carb: 6</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>1/2c edamame</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>Cal:1121 Fat: 43g Pro: 106 Carb: 82</p>
Day 2	<p>2 slices WG toast topped with 1 poached egg each</p> <p>Cal:360 Fat: 13g Pro: 22 Carb: 42</p>	<p>Lettuce burger (1/4lb lean burger topped with a tomato slice, onion slice, and wrapped in a leaf of lettuce)</p> <p>Cal:190 Fat: 8g Pro: 24 Carb: 3</p>	<p>4oz salmon</p> <p>Cal:213 Fat: 9g Pro: 29 Carb: 0</p> <p>1c Brussels sprouts</p> <p>Cal:60 Fat: 0g Pro: 4 Carb: 11</p>	<p>1c bell peppers with 2T hummus</p> <p>Cal:106 Fat: 4g Pro: 3 Carb: 13</p>	<p>2 hard-boiled eggs</p> <p>Cal:140 Fat: 10g Pro: 12 Carb: 0</p>	<p>Cal:1069 Fat: 44g Pro: 94 Carb: 69</p>
Day 3	<p>1 WG bagel topped with 2T cream cheese</p> <p>Cal:310 Fat: 7g Pro: 14 Carb: 51</p> <p>1 hard-boiled egg</p> <p>Cal:70 Fat: 5g Pro: 6 Carb: 0</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>3 shrimp skewers (each has 3 medium shrimp, 3 cherry tomatoes, and 3 mushrooms)</p> <p>Cal:161 Fat: 2g Pro: 28 Carb: 9</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>1c bell peppers with 2T hummus</p> <p>Cal:106 Fat: 4g Pro: 3 Carb: 13</p>	<p>Cal:1082 Fat: 36g Pro: 85 Carb: 112</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>Lettuce burger (1/4lb lean burger topped with a tomato slice, onion slice, and wrapped in a leaf of lettuce)</p> <p>Cal:190 Fat: 8g Pro: 24 Carb: 3</p>	<p>2 small chicken drums - coat lightly with honey before baking</p> <p>Cal:232 Fat: 12g Pro: 28 Carb: 0</p> <p>1c broccoli</p> <p>Cal:31 Fat: 0g Pro: 3 Carb: 6</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>Berry smoothie (1c whole milk, 1/4c blueberries, 1/4c raspberries, 1/4c strawberries)</p> <p>Cal:204 Fat: 8g Pro: 8 Carb: 24</p>	<p>Cal:1140 Fat: 53g Pro: 98 Carb: 67</p>
Day 5	<p>1 WG bagel topped with 2T cream cheese</p> <p>Cal:310 Fat: 7g Pro: 14 Carb: 51</p> <p>1 hard-boiled egg</p> <p>Cal:70 Fat: 5g Pro: 6 Carb: 0</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>4oz salmon</p> <p>Cal:213 Fat: 9g Pro: 29 Carb: 0</p> <p>1c Brussels sprouts</p> <p>Cal:60 Fat: 0g Pro: 4 Carb: 11</p>	<p>1c bell peppers with 2T hummus</p> <p>Cal:106 Fat: 4g Pro: 3 Carb: 13</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>Cal:1219 Fat: 50g Pro: 88 Carb: 106</p>
Day 6	<p>2 slices WG toast topped with 1 poached egg each</p> <p>Cal:360 Fat: 13g Pro: 22 Carb: 42</p>	<p>Lettuce burger (1/4lb lean burger topped with a tomato slice, onion slice, and wrapped in a leaf of lettuce)</p> <p>Cal:190 Fat: 8g Pro: 24 Carb: 3</p>	<p>3 shrimp skewers (each has 3 medium shrimp, 3 cherry tomatoes, and 3 mushrooms)</p> <p>Cal:161 Fat: 2g Pro: 28 Carb: 9</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>Cal:1006 Fat: 16g Pro: 80 Carb: 76</p>
Day 7	<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>2 small chicken drums - coat lightly with honey before baking</p> <p>Cal:232 Fat: 12g Pro: 28 Carb: 0</p> <p>1c broccoli</p> <p>Cal:31 Fat: 0g Pro: 3 Carb: 6</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>1 hard-boiled eggs</p> <p>Cal:70 Fat: 5g Pro: 6 Carb: 0</p>	<p>Cal:1091 Fat: 45g Pro: 104 Carb: 72</p>

Week 3	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<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>Shrimp quesadilla (2 corn tortillas with 1/2 cup Mexican blend cheese, 3oz tiny shrimp, 1/2c bell peppers and onions, topped with 1/4c guacamole)</p> <p>Cal:527 Fat: 29g Pro: 37 Carb: 32</p>	<p>4oz chicken tenderloins</p> <p>Cal:100 Fat: 1g Pro: 25 Carb: 0</p> <p>1/2 mashed sweet potato</p> <p>Cal:129 Fat: 0g Pro: 3 Carb: 30</p>	<p>1 cup celery with 2T hummus</p> <p>Cal:76 Fat: 4g Pro: 3 Carb: 7</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>Cal:1209 Fat: 57g Pro: 90 Carb: 92</p>
Day 2	<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>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>Mushroom pizzas (3 large Portobello mushrooms with 1/4 cup mozzarella cheese, two tomato slices, and 1oz ground beef per mushroom, baked in oven until cheese is melted)</p> <p>Cal:275 Fat: 14g Pro: 29 Carb: 5</p> <p>1c roasted carrots</p> <p>Cal:52 Fat: 0g Pro: 1 Carb: 12</p>	<p>Berry smoothie (1c whole milk, 1/4c blueberries, 1/4c raspberries, 1/4c strawberries)</p> <p>Cal:204 Fat: 8g Pro: 8 Carb: 24</p>	<p>1 hard-boiled eggs</p> <p>Cal:70 Fat: 5g Pro: 6 Carb: 0</p>	<p>Cal:1135 Fat: 55g Pro: 66 Carb: 97</p>
Day 3	<p>1 whole wheat bagel with 2T cream cheese, 2oz smoked salmon, 2 slices of tomato</p> <p>Cal:300 Fat: 9g Pro: 18 Carb: 39</p> <p>1/2 large grapefruit</p>	<p>Shrimp quesadilla (2 corn tortillas with 1/2 cup Mexican blend cheese, 3oz tiny shrimp, 1/2c bell peppers and onions, topped with 1/4c guacamole)</p> <p>Cal:527 Fat: 29g Pro: 37 Carb: 32</p>	<p>Chicken stir fry (1/3c cooked brown rice, 4oz chicken breast, 1c broccoli, 1/2c snow peas, 1/2c mushrooms, cooked in pan with a bit of soy sauce)</p> <p>Cal:300 Fat: 9g Pro: 31 Carb: 27</p>	<p>1 hard-boiled eggs</p> <p>Cal:70 Fat: 5g Pro: 6 Carb: 0</p>	<p>1 cup celery with 2T hummus</p> <p>Cal:76 Fat: 4g Pro: 3 Carb: 7</p>	<p>Cal:1273 Fat: 56g Pro: 95 Carb: 105</p>
Day 4	<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>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>Mushroom pizzas (3 large Portobello mushrooms with 1/4 cup mozzarella cheese, two tomato slices, and 1oz ground beef per mushroom, baked in oven until cheese is melted)</p> <p>Cal:275 Fat: 14g Pro: 29 Carb: 5</p> <p>1c roasted carrots</p> <p>Cal:52 Fat: 0g Pro: 1 Carb: 12</p>	<p>1c bell peppers with 2T hummus</p> <p>Cal:106 Fat: 4g Pro: 3 Carb: 13</p>	<p>1 hard-boiled eggs</p> <p>Cal:70 Fat: 5g Pro: 6 Carb: 0</p>	<p>Cal:1037 Fat: 51g Pro: 61 Carb: 86</p>
Day 5	<p>1 whole wheat bagel with 2T cream cheese, 2oz smoked salmon, 2 slices of tomato</p> <p>Cal:300 Fat: 9g Pro: 18 Carb: 39</p> <p>1/2 large grapefruit</p>	<p>Shrimp quesadilla (2 corn tortillas with 1/2 cup Mexican blend cheese, 3oz tiny shrimp, 1/2c bell peppers and onions, topped with 1/4c guacamole)</p> <p>Cal:527 Fat: 29g Pro: 37 Carb: 32</p>	<p>4oz chicken tenderloins</p> <p>Cal:100 Fat: 1g Pro: 25 Carb: 0</p> <p>1/2 mashed sweet potato</p> <p>Cal:129 Fat: 0g Pro: 3 Carb: 30</p>	<p>1/2c edamame</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>1/2c greek yogurt with 1/4c raspberries</p> <p>Cal:86 Fat: 0g Pro: 12 Carb: 9</p>	<p>Cal:1242 Fat: 42g Pro: 103 Carb: 120</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 stir fry (1/3c cooked brown rice, 4oz chicken breast, 1c broccoli, 1/2c snow peas, 1/2c mushrooms, cooked in pan with a bit of soy sauce)</p> <p>Cal:300 Fat: 9g Pro: 31 Carb: 27</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>Cal:1108 Fat: 63g Pro: 64 Carb: 83</p>
Day 7	<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>Shrimp quesadilla (2 corn tortillas with 1/2 cup Mexican blend cheese, 3oz tiny shrimp, 1/2c bell peppers and onions, topped with 1/4c guacamole)</p> <p>Cal:527 Fat: 29g Pro: 37 Carb: 32</p>	<p>Mushroom pizzas (3 large Portobello mushrooms with 1/4 c. mozzarella cheese, two tomato slices, and 1oz ground beef per mushroom, baked in oven until cheese is melted)</p> <p>Cal:275 Fat: 14g Pro: 29 Carb: 5</p> <p>1c roasted carrots</p> <p>Cal:52 Fat: 0g Pro: 1 Carb: 12</p>	<p>1c bell peppers with 2T hummus</p> <p>Cal:106 Fat: 4g Pro: 3 Carb: 13</p>	<p>1 hard-boiled eggs</p> <p>Cal:70 Fat: 5g Pro: 6 Carb: 0</p>	<p>Cal:1293 Fat: 64g Pro: 89 Carb: 92</p>

4-Week Whole Food Meal Plan 1

Week 4	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<p>2 slices WG toast, each with 1oz fresh mozzarella, 2 tomato slices, and 2-3 basil leaves</p> <p>Cal:380 Fat: 13g Pro: 23 Carb: 46</p>	<p>Chicken hummus wrap (1 corn tortilla with 2T hummus, 3oz chicken breast, 1/4 avocado, sliced, and a leaf of lettuce)</p> <p>Cal:252 Fat: 12g Pro: 21 Carb: 17</p>	<p>4oz scallops</p> <p>Cal:78 Fat: 1g Pro: 14 Carb: 4</p> <p>1c leafy greens, 1/4c parmesan cheese, 1T olive oil</p> <p>Cal:210 Fat: 19g Pro: 9 Carb: 3</p>	<p>1c mushrooms with 2T hummus</p> <p>Cal:90 Fat: 4g Pro: 6 Carb: 8</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>Cal:1170 Fat: 64g Pro: 75 Carb: 85</p>
Day 2	<p>1 cup greek yogurt with 1/2 peach, sliced and 1/8c pecans</p> <p>Cal:288 Fat: 14g Pro: 27 Carb: 19</p>	<p>Pad Thai sandwich (1T peanut butter per slice of WG bread, 1/4 cucumber sliced, 1/4c sliced carrots, and a splash of soy sauce)</p> <p>Cal:427 Fat: 19g Pro: 17 Carb: 54</p>	<p>Pizza muffin (1 WG English muffin, halved and topped with 1 tomato slice, 2T mozzarella cheese, 1oz chicken breast)</p> <p>Cal:299 Fat: 10g Pro: 23 Carb: 31</p> <p>1/2c broccoli</p> <p>Cal:15 Fat: 0g Pro: 2 Carb: 3</p>	<p>1/2c Greek yogurt with 1/4c raspberries</p> <p>Cal:86 Fat: 0g Pro: 12 Carb: 9</p>	<p>1 cup celery with 2T hummus</p> <p>Cal:76 Fat: 4g Pro: 3 Carb: 7</p>	<p>Cal:1236 Fat: 51g Pro: 86 Carb: 126</p>
Day 3	<p>2 slices WG toast, each with 1oz fresh mozzarella, 2 tomato slices, and 2-3 basil leaves</p> <p>Cal:380 Fat: 13g Pro: 23 Carb: 46</p>	<p>Chicken hummus wrap (1 corn tortilla with 2T hummus, 3oz chicken breast, 1/4 avocado, sliced, and a leaf of lettuce)</p> <p>Cal:252 Fat: 12g Pro: 21 Carb: 17</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>1/2c carrots with 1T nut butter</p> <p>Cal:121 Fat: 8g Pro: 5 Carb: 10</p>	<p>Cal:1234 Fat: 49g Pro: 82 Carb: 121</p>
Day 4	<p>1 cup greek yogurt with 1/2 peach, sliced and 1/8c pecans</p> <p>Cal:288 Fat: 14g Pro: 27 Carb: 19</p>	<p>Pad Thai sandwich (1T peanut butter per slice of WG bread, 1/4 cucumber sliced, 1/4c sliced carrots, and a splash of soy sauce)</p> <p>Cal:427 Fat: 19g Pro: 17 Carb: 54</p>	<p>4oz scallops</p> <p>Cal:78 Fat: 1g Pro: 14 Carb: 4</p> <p>1c leafy greens, 1/4c parmesan cheese, 1T olive oil</p> <p>Cal:210 Fat: 19g Pro: 9 Carb: 3</p>	<p>1 hard-boiled eggs</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:1233 Fat: 73g Pro: 75 Carb: 87</p>
Day 5	<p>1 WG bagel, 2T full-fat cream cheese, and 1/4c strawberry slices</p> <p>Cal:442 Fat: 20g Pro: 15 Carb: 54</p>	<p>Chicken hummus wrap (1 corn tortilla with 2T hummus, 3oz chicken breast, 1/4 avocado, sliced, and a leaf of lettuce)</p> <p>Cal:252 Fat: 12g Pro: 21 Carb: 17</p>	<p>Pizza muffin (1 WG English muffin, halved and topped with 1 tomato slice, 2T mozzarella cheese, 1oz chicken breast)</p> <p>Cal:299 Fat: 10g Pro: 23 Carb: 31</p> <p>1/2c broccoli</p> <p>Cal:15 Fat: 0g Pro: 2 Carb: 3</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>1/2c cottage cheese with 1/4c cantaloupe</p> <p>Cal:97 Fat: 1g Pro: 14 Carb: 7</p>	<p>Cal:1265 Fat: 58g Pro: 77 Carb: 119</p>
Day 6	<p>2 slices WG toast, each with 1oz fresh mozzarella, 2 tomato slices, and 2-3 basil leaves</p> <p>Cal:380 Fat: 13g Pro: 23 Carb: 46</p>	<p>Pad Thai sandwich (1T peanut butter per slice of WG bread, 1/4 cucumber sliced, 1/4c sliced carrots, and a splash of soy sauce)</p> <p>Cal:427 Fat: 19g Pro: 17 Carb: 54</p>	<p>4oz scallops</p> <p>Cal:78 Fat: 1g Pro: 14 Carb: 4</p> <p>1c leafy greens, 1/4c parmesan cheese, 1T olive oil</p> <p>Cal:210 Fat: 19g Pro: 9 Carb: 3</p>	<p>1/2c edamame</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>1 cup celery with 2T hummus</p> <p>Cal:76 Fat: 4g Pro: 3 Carb: 7</p>	<p>Cal:1271 Fat: 59g Pro: 74 Carb: 124</p>
Day 7	<p>1 WG bagel, 2T full-fat cream cheese, and 1/4c strawberry slices</p> <p>Cal:442 Fat: 20g Pro: 15 Carb: 54</p>	<p>Chicken hummus wrap (1 corn tortilla with 2T hummus, 3oz chicken breast, 1/4 avocado, sliced, and a leaf of lettuce)</p> <p>Cal:252 Fat: 12g Pro: 21 Carb: 17</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 Greek yogurt with 1/4c raspberries</p> <p>Cal:86 Fat: 0g Pro: 12 Carb: 9</p>	<p>1c bell peppers with 2T hummus</p> <p>Cal:106 Fat: 4g Pro: 3 Carb: 13</p>	<p>Cal:1247 Fat: 48g Pro: 82 Carb: 123</p>