

# 4-Week Whole Food Meal Plan 2

Week 1	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<p>2 slices WG toast with 1/2 avocado and 1T chia seeds</p> <p>Cal:397   Fat: 17g   Pro: 14   Carb: 53</p> <p>1 hard-boiled egg</p> <p>Cal:70   Fat: 5g   Pro: 6   Carb: 0</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>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 celery with 1T nut butter</p> <p>Cal:111   Fat: 8g   Pro: 5   Carb: 7</p>	<p>1/2c roasted chickpeas</p> <p>Cal:100   Fat: 2g   Pro: 5   Carb: 17</p>	<p>Cal:1160   Fat: 49g   Pro: 58   Carb: 138</p>
Day 2	<p>1/2c rolled oats in 1c whole milk with 1/4c blueberries and 1/8c walnuts</p> <p>Cal:421   Fat: 21g   Pro: 16   Carb: 23</p>	<p>1 medium hollowed-out tomato filled with 5oz can of tuna, 1T mayo, 1t dijon mustard, 1/4c red onion, and 1 celery stalk (chopped)</p> <p>Cal:224   Fat: 11g   Pro: 26   Carb: 8</p>	<p>3oz turkey breast</p> <p>Cal:97   Fat: 3g   Pro: 17   Carb: 0</p> <p>1c cottage cheese topped with remains of tomato gutted for lunch</p> <p>Cal:93   Fat: 1g   Pro: 14   Carb: 5</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135   Fat: 8g   Pro: 4   Carb: 15</p>	<p>1c celery with 1T nut butter</p> <p>Cal:111   Fat: 8g   Pro: 5   Carb: 7</p>	<p>Cal:1081   Fat: 52g   Pro: 82   Carb: 58</p>
Day 3	<p>Veggie scramble (3 eggs, 1c spinach, 1/2c bell peppers and onions, 1/4c mushrooms)</p> <p>Cal:240   Fat: 15g   Pro: 19   Carb: 5</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>1 red bell pepper gutted and stuffed with 1/4c black beans, 3oz ground beef, 1/8c cheese, 1/4c onions, and topped with 1/4c guacamole</p> <p>Cal:356   Fat: 19g   Pro: 25   Carb: 23</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>1/2 avocado</p> <p>Cal:160   Fat: 15g   Pro: 2   Carb: 7</p>	<p>Cal:1191   Fat: 67g   Pro: 63   Carb: 91</p>
Day 4	<p>2 slices WG toast with 1/2 avocado and 1T chia seeds</p> <p>Cal:397   Fat: 17g   Pro: 14   Carb: 53</p> <p>1 hard-boiled egg</p> <p>Cal:70   Fat: 5g   Pro: 6   Carb: 0</p>	<p>1 medium hollowed-out tomato filled with 5oz can of tuna, 1T mayo, 1t Dijon mustard, 1/4c red onion, and 1 celery stalk (chopped)</p> <p>Cal:224   Fat: 11g   Pro: 26   Carb: 8</p>	<p>3oz duck breast</p> <p>Cal:105   Fat: 4g   Pro: 17   Carb: 0</p> <p>1c cottage cheese topped with remains of tomato gutted for lunch</p> <p>Cal:93   Fat: 1g   Pro: 14   Carb: 5</p>	<p>1 cup celery with 2T hummus</p> <p>Cal:76   Fat: 4g   Pro: 3   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:1169   Fat: 50g   Pro: 88   Carb: 97</p>
Day 5	<p>1/2c rolled oats in 1c whole 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>2c spaghetti squash with 3oz lean ground beef and 1/2c tomato sauce</p> <p>Cal:251   Fat: 7g   Pro: 19   Carb: 329</p>	<p>1/2 avocado</p> <p>Cal:160   Fat: 15g   Pro: 2   Carb: 7</p>	<p>1/2c Greek yogurt with 1/4c strawberries</p> <p>Cal:94   Fat: 0g   Pro: 13   Carb: 11</p>	<p>Cal:1157   Fat: 53g   Pro: 59   Carb: 102</p>
Day 6	<p>Veggie scramble (3 eggs, 1c spinach, 1/2c bell peppers and onions, 1/4c mushrooms)</p> <p>Cal:240   Fat: 15g   Pro: 19   Carb: 5</p>	<p>1 medium hollowed-out tomato filled with 5oz can of tuna, 1T mayo, 1t Dijon mustard, 1/4c red onion, and 1 celery stalk (chopped)</p> <p>Cal:224   Fat: 11g   Pro: 26   Carb: 8</p>	<p>3oz chicken breast</p> <p>Cal:83   Fat: 2g   Pro: 17   Carb: 0</p> <p>1c cottage cheese topped with remains of tomato gutted for lunch</p> <p>Cal:93   Fat: 1g   Pro: 14   Carb: 5</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>1/2 apple with 1T nut butter</p> <p>Cal:135   Fat: 8g   Pro: 4   Carb: 15</p>	<p>Cal:979   Fat: 45g   Pro: 88   Carb: 57</p>
Day 7	<p>2 slices WG toast with 1/2 avocado and 1T chia seeds</p> <p>Cal:397   Fat: 17g   Pro: 14   Carb: 53</p> <p>1 hard-boiled egg</p> <p>Cal:70   Fat: 5g   Pro: 6   Carb: 0</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>1 red bell pepper gutted and stuffed with 1/4c black beans, 3oz ground beef, 1/8c cheese, 1/4c onions, and topped with 1/4c guacamole</p> <p>Cal:356   Fat: 19g   Pro: 25   Carb: 23</p>	<p>1c bell peppers with 2T hummus</p> <p>Cal:106   Fat: 4g   Pro: 3   Carb: 13</p>	<p>1/2c roasted chickpeas</p> <p>Cal:100   Fat: 2g   Pro: 5   Carb: 17</p>	<p>Cal:1260   Fat: 57g   Pro: 62   Carb: 138</p>

# 4-Week Whole Food Meal Plan 2

Week 2	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<p>1/2c rolled oats in 1c whole milk topped with 1/4 apple, chopped</p> <p>Cal:320   Fat: 11g   Pro: 13   Carb: 45</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>Black bean salad (1/2c black beans, 1/2c corn, 1/2c bell peppers and onions, 3oz ground turkey breast, 1/2c cucumbers, topped with cilantro)</p> <p>Cal:295   Fat: 5g   Pro: 26   Carb: 38</p>	<p>1/2c cottage cheese with 1/4c cantaloupe</p> <p>Cal:97   Fat: 1g   Pro: 14   Carb: 7</p>	<p>1c mushrooms with 2T hummus</p> <p>Cal:90   Fat: 4g   Pro: 6   Carb: 8</p>	<p>Cal:1067   Fat: 34g   Pro: 80   Carb: 115</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 2T nut butter, 1 leaf arugula, 1 slice onion, 3oz chicken breast, 1/4 pear, 1/8c bleu cheese crumbles</p> <p>Cal:455   Fat: 24g   Pro: 32   Carb: 36</p>	<p>3oz tuna sashimi over 2c lettuce with 1T sesame seeds and 1/4 mandarin orange</p> <p>Cal:208   Fat: 9g   Pro: 23   Carb: 9</p> <p>1c baked carrots</p> <p>Cal:52   Fat: 0g   Pro: 1   Carb: 12</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:1220   Fat: 58g   Pro: 84   Carb: 102</p>
Day 3	<p>1/2c rolled oats in 1c whole milk topped with 1/4 apple, chopped</p> <p>Cal:320   Fat: 11g   Pro: 13   Carb: 45</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>Buddha bowl (1 cup lettuce, 1/2c red beans, 1/2c chickpeas, 1/2c cucumbers, 1/2c bell peppers and onions, 1/8c walnuts, 1/4 grapefruit)</p> <p>Cal:287   Fat: 12g   Pro: 12   Carb: 38</p>	<p>1/2c Greek yogurt with 1/4c raspberries</p> <p>Cal:86   Fat: 0g   Pro: 12   Carb: 9</p>	<p>1/2c edamame</p> <p>Cal:100   Fat: 3g   Pro: 8   Carb: 10</p>	<p>Cal:1058   Fat: 39g   Pro: 66   Carb: 119</p>
Day 4	<p>3 scrambled eggs</p> <p>Cal:270   Fat: 15g   Pro: 18   Carb: 0</p> <p>1 orange</p> <p>Cal:80   Fat: 0g   Pro: 1   Carb: 19</p>	<p>1 slice WG bread topped with 2T nut butter, 1 leaf arugula, 1 slice onion, 3oz chicken breast, 1/4 pear, 1/8c bleu cheese crumbles</p> <p>Cal:455   Fat: 24g   Pro: 32   Carb: 36</p>	<p>Black bean salad (1/2c black beans, 1/2c corn, 1/2c bell peppers and onions, 3oz ground turkey breast, 1/2c cucumbers, topped with cilantro)</p> <p>Cal:295   Fat: 5g   Pro: 26   Carb: 38</p>	<p>1 cup celery with 2T hummus</p> <p>Cal:76   Fat: 4g   Pro: 3   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:1273   Fat: 49g   Pro: 94   Carb: 107</p>
Day 5	<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>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>3oz tuna sashimi over 2c lettuce with 1T sesame seeds and 1/4 mandarin orange</p> <p>Cal:208   Fat: 9g   Pro: 23   Carb: 9</p> <p>1c baked carrots</p> <p>Cal:52   Fat: 0g   Pro: 1   Carb: 12</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135   Fat: 8g   Pro: 4   Carb: 15</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:1164   Fat: 50g   Pro: 75   Carb: 107</p>
Day 6	<p>3 scrambled eggs</p> <p>Cal:270   Fat: 15g   Pro: 18   Carb: 0</p> <p>1 orange</p> <p>Cal:80   Fat: 0g   Pro: 1   Carb: 19</p>	<p>1 slice WG bread topped with 2T nut butter, 1 leaf arugula, 1 slice onion, 3oz chicken breast, 1/4 pear, 1/8c bleu cheese crumbles</p> <p>Cal:455   Fat: 24g   Pro: 32   Carb: 36</p>	<p>Black bean salad (1/2c black beans, 1/2c corn, 1/2c bell peppers and onions, 3oz ground turkey breast, 1/2c cucumbers, topped with cilantro)</p> <p>Cal:295   Fat: 5g   Pro: 26   Carb: 38</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:1262   Fat: 48g   Pro: 92   Carb: 109</p>
Day 7	<p>1/2c rolled oats in 1c whole milk topped with 1/4 apple, chopped</p> <p>Cal:320   Fat: 11g   Pro: 13   Carb: 45</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>Buddha bowl (1 cup lettuce, 1/2c red beans, 1/2c chickpeas, 1/2c cucumbers, 1/2c bell peppers and onions, 1/8c walnuts, 1/4 grapefruit)</p> <p>Cal:287   Fat: 12g   Pro: 12   Carb: 38</p>	<p>1 hard-boiled egg</p> <p>Cal:70   Fat: 5g   Pro: 6   Carb: 0</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:1146   Fat: 49g   Pro: 60   Carb: 124</p>

# 4-Week Whole Food Meal Plan 2

Week 3	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<p>1/2c cooked brown rice in 1c whole milk topped with 1/4c raspberries and 1T chia seeds</p> <p>Cal:334   Fat: 12g   Pro: 14   Carb: 43</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>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>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>1c broccoli with 2T hummus</p> <p>Cal:90   Fat: 4g   Pro: 4   Carb: 10</p>	<p>Cal:1099   Fat: 33g   Pro: 79   Carb: 124</p>
Day 2	<p>1c greek yogurt with 1/2 peach</p> <p>Cal:166   Fat: 1g   Pro: 25   Carb: 17</p> <p>2 scrambled eggs</p> <p>Cal:140   Fat: 10g   Pro: 12   Carb: 0</p>	<p>1 slice WG bread topped with egg salad (2 hard-boiled eggs, 1T mayo, 1t mustard, 1/4c chopped onion, 1 stalk celery chopped)</p> <p>Cal:356   Fat: 22g   Pro: 18   Carb: 27</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>1c mushrooms with 2T hummus</p> <p>Cal:90   Fat: 4g   Pro: 6   Carb: 8</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135   Fat: 8g   Pro: 4   Carb: 15</p>	<p>Cal:1151   Fat: 57g   Pro: 92   Carb: 82</p>
Day 3	<p>Breakfast burrito (1 corn tortilla filled with 2 scrambled eggs, 1/8c shredded cheese, and 1/4c cooked brown rice)</p> <p>Cal:299   Fat: 16g   Pro: 17   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>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>1/2 apple with 1T nut butter</p> <p>Cal:135   Fat: 8g   Pro: 4   Carb: 15</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:1109   Fat: 41g   Pro: 82   Carb: 108</p>
Day 4	<p>1/2c cooked brown rice in 1c whole milk topped with 1/4c raspberries and 1T chia seeds</p> <p>Cal:334   Fat: 12g   Pro: 14   Carb: 43</p>	<p>1 slice WG bread topped with egg salad (2 hard-boiled eggs, 1T mayo, 1t mustard, 1/4c chopped onion, 1 stalk celery chopped)</p> <p>Cal:356   Fat: 22g   Pro: 18   Carb: 27</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>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>1c bell peppers with 2T hummus</p> <p>Cal:106   Fat: 4g   Pro: 3   Carb: 13</p>	<p>Cal:1252   Fat: 52g   Pro: 70   Carb: 136</p>
Day 5	<p>Breakfast burrito (1 corn tortilla filled with 2 scrambled eggs, 1/8c shredded cheese, and 1/4c cooked brown rice)</p> <p>Cal:299   Fat: 16g   Pro: 17   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>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>1c cauliflower with 2T hummus</p> <p>Cal:85   Fat: 4g   Pro: 4   Carb: 9</p>	<p>1/2c greek yogurt topped with 1/2 apricot</p> <p>Cal:86   Fat: 0g   Pro: 12   Carb: 9</p>	<p>Cal:1024   Fat: 33g   Pro: 93   Carb: 94</p>
Day 6	<p>1/2c cooked brown rice in 1c whole milk topped with 1/4c raspberries and 1T chia seeds</p> <p>Cal:334   Fat: 12g   Pro: 14   Carb: 43</p>	<p>1 slice WG bread topped with egg salad (2 hard-boiled eggs, 1T mayo, 1t mustard, 1/4c chopped onion, 1 stalk celery chopped)</p> <p>Cal:356   Fat: 22g   Pro: 18   Carb: 27</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>1/2c carrots with 1T nut butter</p> <p>Cal:121   Fat: 8g   Pro: 5   Carb: 10</p>	<p>1/2c edamame</p> <p>Cal:100   Fat: 3g   Pro: 8   Carb: 10</p>	<p>Cal:1092   Fat: 53g   Pro: 65   Carb: 98</p>
Day 7	<p>1c Greek yogurt with 1/2 peach</p> <p>Cal:166   Fat: 1g   Pro: 25   Carb: 17</p> <p>2 scrambled eggs</p> <p>Cal:140   Fat: 10g   Pro: 12   Carb: 0</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>1/2 avocado</p> <p>Cal:160   Fat: 15g   Pro: 2   Carb: 7</p>	<p>1c celery with 1T nut butter</p> <p>Cal:111   Fat: 8g   Pro: 5   Carb: 7</p>	<p>Cal:1119   Fat: 41g   Pro: 104   Carb: 99</p>

# 4-Week Whole Food Meal Plan 2

Week 4	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<p>1/2c rolled oats in 1c whole milk with 1/4c blueberries</p> <p>Cal:321   Fat: 11g   Pro: 13   Carb: 44</p>	<p>Broccoli chicken baked potato (1 small potato, baked then filled with 1/2c cooked broccoli, 1/4 cup cottage cheese, and 3oz browned ground chicken breast)</p> <p>Cal:249   Fat: 3g   Pro: 28   Carb: 31</p>	<p>Hawaiian omelet (3 eggs with 2oz pork and topped with 1/2c pineapple)</p> <p>Cal:376   Fat: 17g   Pro: 30   Carb: 12</p> <p>1c cauliflower</p> <p>Cal:25   Fat: 0g   Pro: 2   Carb: 5</p>	<p>1/2c cottage cheese with 1/4c cantaloupe</p> <p>Cal:97   Fat: 1g   Pro: 14   Carb: 7</p>	<p>1/2c carrots with 1T nut butter</p> <p>Cal:121   Fat: 8g   Pro: 5   Carb: 10</p>	<p>Cal:1189   Fat: 40g   Pro: 92   Carb: 109</p>
Day 2	<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>Tilapia tacos (2 corn tortillas each filled with 1/4c beans, 1.5oz tilapia, 1/8c salsa, and 1/8c cheese)</p> <p>Cal:448   Fat: 12g   Pro: 30   Carb: 43</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 cup celery with 2T hummus</p> <p>Cal:76   Fat: 4g   Pro: 3   Carb: 7</p>	<p>1/2 avocado</p> <p>Cal:160   Fat: 15g   Pro: 2   Carb: 7</p>	<p>Cal:1221   Fat: 53g   Pro: 78   Carb: 84</p>
Day 3	<p>1/2c rolled oats in 1c whole milk with 1/4c blueberries</p> <p>Cal:321   Fat: 11g   Pro: 13   Carb: 44</p>	<p>Broccoli chicken baked potato (1 small potato, baked then filled with 1/2c cooked broccoli, 1/4 cup cottage cheese, and 3oz browned ground chicken breast)</p> <p>Cal:249   Fat: 3g   Pro: 28   Carb: 31</p>	<p>Greek salad (2c lettuce, 3oz chicken breast, 1/2c red bell peppers and onions, 1/2c artichokes, 1/4c olives, 1/8c feta cheese)</p> <p>Cal:261   Fat: 10g   Pro: 24   Carb: 25</p>	<p>Strawberry banana smoothie (1c whole milk, 1/2c strawberries, 1/2c banana)</p> <p>Cal:241   Fat: 8g   Pro: 10   Carb: 35</p>	<p>1c mushrooms with 2T hummus</p> <p>Cal:90   Fat: 4g   Pro: 6   Carb: 8</p>	<p>Cal:1162   Fat: 36g   Pro: 81   Carb: 143</p>
Day 4	<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 whole milk)</p> <p>Cal:483   Fat: 33g   Pro: 17   Carb: 37</p>	<p>Tilapia tacos (2 corn tortillas each filled with 1/4c beans, 1.5oz tilapia, 1/8c salsa, and 1/8c cheese)</p> <p>Cal:448   Fat: 12g   Pro: 30   Carb: 43</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 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:1280   Fat: 56g   Pro: 87   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>Broccoli chicken baked potato (1 small potato, baked then filled with 1/2c cooked broccoli, 1/4 cup cottage cheese, and 3oz browned ground chicken breast)</p> <p>Cal:249   Fat: 3g   Pro: 28   Carb: 31</p>	<p>Greek salad (2c lettuce, 3oz chicken breast, 1/2c red bell peppers and onions, 1/2c artichokes, 1/4c olives, 1/8c feta cheese)</p> <p>Cal:261   Fat: 10g   Pro: 24   Carb: 25</p>	<p>1 hard-boiled egg</p> <p>Cal:70   Fat: 5g   Pro: 6   Carb: 0</p>	<p>1/2c carrots with 1T nut butter</p> <p>Cal:121   Fat: 8g   Pro: 5   Carb: 10</p>	<p>Cal:1051   Fat: 41g   Pro: 81   Carb: 88</p>
Day 6	<p>1/2c rolled oats in 1c whole milk with 1/4c blueberries</p> <p>Cal:321   Fat: 11g   Pro: 13   Carb: 44</p>	<p>Tilapia tacos (2 corn tortillas each filled with 1/4c beans, 1.5oz tilapia, 1/8c salsa, and 1/8c cheese)</p> <p>Cal:448   Fat: 12g   Pro: 30   Carb: 43</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>1c mushrooms with 2T hummus</p> <p>Cal:90   Fat: 4g   Pro: 6   Carb: 8</p>	<p>1 hard-boiled egg</p> <p>Cal:70   Fat: 5g   Pro: 6   Carb: 0</p>	<p>Cal:1116   Fat: 39g   Pro: 80   Carb: 100</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 whole milk)</p> <p>Cal:483   Fat: 33g   Pro: 17   Carb: 37</p>	<p>Broccoli chicken baked potato (1 small potato, baked then filled with 1/2c cooked broccoli, 1/4 cup cottage cheese, and 3oz browned ground chicken breast)</p> <p>Cal:249   Fat: 3g   Pro: 28   Carb: 31</p>	<p>Greek salad (2c lettuce, 3oz chicken breast, 1/2c red bell peppers and onions, 1/2c artichokes, 1/4c olives, 1/8c feta cheese)</p> <p>Cal:261   Fat: 10g   Pro: 24   Carb: 25</p>	<p>1/2c carrots with 1T nut butter</p> <p>Cal:121   Fat: 8g   Pro: 5   Carb: 10</p>	<p>1/2 avocado</p> <p>Cal:160   Fat: 15g   Pro: 2   Carb: 7</p>	<p>Cal:1274   Fat: 69   Pro: 76   Carb: 110</p>