

# 4-Week Whole Food Meal Plan 3

Week 1	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<p>Pumpkin oatmeal (1/2 cup rolled oats, 1/2 cup pumpkin puree, 1/2 cup whole milk, pumpkin pie spice to taste)</p> <p>Cal:275   Fat: 8g   Pro: 10   Carb: 43</p>	<p>2 large Portobello mushrooms each stuffed with 1.5oz chicken, 1/4c sautéed spinach, 1/8c cheese, and 1/4c corn</p> <p>Cal:375   Fat: 19g   Pro: 33   Carb: 28</p>	<p>3oz pork over 1/2c black beans with 1/4c onions</p> <p>Cal:214   Fat: 4g   Pro: 23   Carb: 23</p> <p>1c roasted carrots</p> <p>Cal:52   Fat: 0g   Pro: 1   Carb: 12</p>	<p>1/2c Greek yogurt with 1/4c strawberries</p> <p>Cal:86   Fat: 0g   Pro: 12   Carb: 9</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135   Fat: 8g   Pro: 4   Carb: 15</p>	<p>Cal:1137   Fat: 39g   Pro: 83   Carb: 130</p>
Day 2	<p>1/2 avocado with 1/8c sunflower seeds</p> <p>Cal:161   Fat: 15g   Pro: 3   Carb: 7</p> <p>1/2c Greek yogurt with 1/4c blueberries</p> <p>Cal:86   Fat: 0g   Pro: 12   Carb: 9</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>2c spiralized zucchini topped with 3oz ground beef and 1/4c tomato sauce</p> <p>Cal:188   Fat: 6g   Pro: 27   Carb: 21</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>1/2 apple with 1T nut butter</p> <p>Cal:135   Fat: 8g   Pro: 4   Carb: 15</p>	<p>Cal:1129   Fat: 43g   Pro: 67   Carb: 121</p>
Day 3	<p>Pumpkin oatmeal (1/2 cup rolled oats, 1/2 cup pumpkin puree, 1/2 cup whole milk, pumpkin pie spice to taste)</p> <p>Cal:275   Fat: 8g   Pro: 10   Carb: 43</p>	<p>2 large Portobello mushrooms each stuffed with 1.5oz chicken, 1/4c sautéed spinach, 1/8c cheese, and 1/4c corn</p> <p>Cal:375   Fat: 19g   Pro: 33   Carb: 28</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>1/2c carrots with 2T hummus</p> <p>Cal:86   Fat: 4g   Pro: 3   Carb: 10</p>	<p>1/2c cottage cheese with 1/4c cantaloupe</p> <p>Cal:97   Fat: 1g   Pro: 14   Carb: 7</p>	<p>Cal:1088   Fat: 40g   Pro: 92   Carb: 99</p>
Day 4	<p>1/2 avocado with 1/8c sunflower seeds</p> <p>Cal:161   Fat: 15g   Pro: 3   Carb: 7</p> <p>1/2c Greek yogurt with 1/4c blueberries</p> <p>Cal:86   Fat: 0g   Pro: 12   Carb: 9</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 pork over 1/2c black beans with 1/4c onions</p> <p>Cal:214   Fat: 4g   Pro: 23   Carb: 23</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>1/2c edamame</p> <p>Cal:100   Fat: 3g   Pro: 8   Carb: 10</p>	<p>Cal:1147   Fat: 41g   Pro: 65   Carb: 114</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>2 large Portobello mushrooms each stuffed with 1.5oz chicken, 1/4c sautéed spinach, 1/8c cheese, and 1/4c corn</p> <p>Cal:375   Fat: 19g   Pro: 33   Carb: 28</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>1/2c Greek yogurt with 1/4c strawberries</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:1107   Fat: 43g   Pro: 104   Carb: 84</p>
Day 6	<p>Pumpkin oatmeal (1/2 cup rolled oats, 1/2 cup pumpkin puree, 1/2 cup whole milk, pumpkin pie spice to taste)</p> <p>Cal:275   Fat: 8g   Pro: 10   Carb: 43</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 pork over 1/2c black beans with 1/4c onions</p> <p>Cal:214   Fat: 4g   Pro: 23   Carb: 23</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 egg</p> <p>Cal:70   Fat: 5g   Pro: 6   Carb: 0</p>	<p>Cal:1145   Fat: 36g   Pro: 58   Carb: 131</p>
Day 7	<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>2 large Portobello mushrooms each stuffed with 1.5oz chicken, 1/4c sautéed spinach, 1/8c cheese, and 1/4c corn</p> <p>Cal:375   Fat: 19g   Pro: 33   Carb: 28</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 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:1254   Fat: 55g   Pro: 101   Carb: 101</p>

# 4-Week Whole Food Meal Plan 3

Week 2	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</p> <p>Cal:24   Fat: 0g   Pro: 1   Carb: 6</p>	<p>Caprese chicken salad (2c spinach, 1/2c fresh basil, 3oz chicken breast, 1/4c tomatoes, 1/4c fresh mozzarella)</p> <p>Cal:195   Fat: 8g   Pro: 27   Carb: 7</p> <p>1/2 mashed sweet potato</p> <p>Cal:129   Fat: 0g   Pro: 3   Carb: 30</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>Strawberry banana smoothie (1c whole milk, 1/2c strawberries, 1/2c banana)</p> <p>Cal:241   Fat: 8g   Pro: 10   Carb: 35</p>	<p>1/2c cottage cheese with 1/4c cantaloupe</p> <p>Cal:97   Fat: 1g   Pro: 14   Carb: 7</p>	<p>Cal:1053   Fat: 33g   Pro: 85   Carb: 117</p>
Day 2	<p>Chocolate banana chia seed pudding (1c coconut milk, 1/4c chia seeds, 1T cocoa powder, 1/2 banana)</p> <p>Cal:345   Fat: 18g   Pro: 13   Carb: 36</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>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: 14   Pro: 1   Carb: 1</p>	<p>1c mushrooms with 2T hummus</p> <p>Cal:90   Fat: 4g   Pro: 6   Carb: 8</p>	<p>1/2c edamame</p> <p>Cal:100   Fat: 3g   Pro: 8   Carb: 10</p>	<p>Cal:1179   Fat: 78g   Pro: 66   Carb: 63</p>
Day 3	<p>2 egg muffins (each is 1 egg, 1/4c whole milk, 1/8c cheese, and 1.5oz turkey breast)</p> <p>Cal:422   Fat: 23g   Pro: 40   Carb: 6</p> <p>1/2c cucumbers</p> <p>Cal:8   Fat: 0g   Pro: 0   Carb: 2</p>	<p>Caprese chicken salad (2c spinach, 1/2c fresh basil, 3oz chicken breast, 1/4c tomatoes, 1/4c fresh mozzarella)</p> <p>Cal:195   Fat: 8g   Pro: 27   Carb: 7</p> <p>1/2 mashed sweet potato</p> <p>Cal:129   Fat: 0g   Pro: 3   Carb: 30</p>	<p>3oz oysters (meat)</p> <p>Cal:73   Fat: 2g   Pro: 5   Carb: 8</p> <p>2c mixed greens topped with 1/4c parmesan and 1/2c black beans</p> <p>Cal:214   Fat: 5g   Pro: 18   Carb: 26</p>	<p>1c cauliflower with 2T hummus</p> <p>Cal:85   Fat: 4g   Pro: 4   Carb: 9</p>	<p>1/2c edamame</p> <p>Cal:100   Fat: 3g   Pro: 8   Carb: 10</p>	<p>Cal:1226   Fat: 45g   Pro: 105   Carb: 98</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>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>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: 14   Pro: 1   Carb: 1</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 egg</p> <p>Cal:70   Fat: 5g   Pro: 6   Carb: 0</p>	<p>Cal:1169   Fat: 77g   Pro: 65   Carb: 64</p>
Day 5	<p>2 egg muffins (each is 1 egg, 1/4c whole milk, 1/8c cheese, and 1.5oz turkey breast)</p> <p>Cal:422   Fat: 23g   Pro: 40   Carb: 6</p> <p>1/2c cucumbers</p> <p>Cal:8   Fat: 0g   Pro: 0   Carb: 2</p>	<p>Caprese chicken salad (2c spinach, 1/2c fresh basil, 3oz chicken breast, 1/4c tomatoes, 1/4c fresh mozzarella)</p> <p>Cal:195   Fat: 8g   Pro: 27   Carb: 7</p> <p>1/2 mashed sweet potato</p> <p>Cal:129   Fat: 0g   Pro: 3   Carb: 30</p>	<p>3oz oysters (meat)</p> <p>Cal:73   Fat: 2g   Pro: 5   Carb: 8</p> <p>2c mixed greens topped with 1/4c parmesan and 1/2c black beans</p> <p>Cal:214   Fat: 5g   Pro: 18   Carb: 26</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135   Fat: 8g   Pro: 4   Carb: 15</p>	<p>1c broccoli with 2T hummus</p> <p>Cal:90   Fat: 4g   Pro: 4   Carb: 10</p>	<p>Cal:1266   Fat: 50g   Pro: 101   Carb: 104</p>
Day 6	<p>Chocolate banana chia seed pudding (1c coconut milk, 1/4c chia seeds, 1T cocoa powder, 1/2 banana)</p> <p>Cal:345   Fat: 18g   Pro: 13   Carb: 36</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>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>1/2 apple with 1T nut butter</p> <p>Cal:135   Fat: 8g   Pro: 4   Carb: 15</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>Cal:1131   Fat: 59g   Pro: 66   Carb: 99</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>Caprese chicken salad (2c spinach, 1/2c fresh basil, 3oz chicken breast, 1/4c tomatoes, 1/4c fresh mozzarella)</p> <p>Cal:195   Fat: 8g   Pro: 27   Carb: 7</p> <p>1/2 mashed sweet potato</p> <p>Cal:129   Fat: 0g   Pro: 3   Carb: 30</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: 14   Pro: 1   Carb: 1</p>	<p>1/2c cottage cheese with 1/4c cantaloupe</p> <p>Cal:97   Fat: 1g   Pro: 14   Carb: 7</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135   Fat: 8g   Pro: 4   Carb: 15</p>	<p>Cal:1181   Fat: 61g   Pro: 79   Carb: 93</p>

# 4-Week Whole Food Meal Plan 3

Week 3	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<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: 1   Carb: 4</p>	<p>Potato leek soup (2c coconut milk, 2oz turkey breast, 1/2c potato chunks, 1/4c leeks, pinch of thyme)</p> <p>Cal:343   Fat: 13g   Pro: 17   Carb: 42</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 hard-boiled egg</p> <p>Cal:70   Fat: 5g   Pro: 6   Carb: 0</p>	<p>1/2c Greek yogurt with 1/4c blackberries</p> <p>Cal:86   Fat: 0g   Pro: 12   Carb: 9</p>	<p>Cal:1007   Fat: 41g   Pro: 72   Carb: 94</p>
Day 2	<p>2 eggs scrambled</p> <p>Cal:140   Fat: 10g   Pro: 12   Carb: 0</p> <p>1/2c Greek yogurt with 1/4c blueberries</p> <p>Cal:86   Fat: 0g   Pro: 12   Carb: 9</p>	<p>Veggie stir fry (2 scrambled eggs, 1/2c bell peppers and onions, 1/2c broccoli and carrots, 1/2c green beans and snap peas, 1c zucchini noodles)</p> <p>Cal:279   Fat: 17g   Pro:15   Carb: 17</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: 1   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>1/2 apple with 1T nut butter</p> <p>Cal:135   Fat: 8g   Pro: 4   Carb: 15</p>	<p>Cal:999   Fat: 45g   Pro: 73   Carb: 81</p>
Day 3	<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: 1   Carb: 4</p>	<p>Potato leek soup (2c coconut milk, 2oz turkey breast, 1/2c potato chunks, 1/4c leeks, pinch of thyme)</p> <p>Cal:343   Fat: 13g   Pro: 17   Carb: 42</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 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:1056   Fat: 49g   Pro: 64   Carb: 100</p>
Day 4	<p>Breakfast taco (1 corn tortilla, 1/4c potatoes, 1 egg, 1/4c black beans)</p> <p>Cal:199   Fat: 6g   Pro: 13   Carb: 25</p> <p>1 small peach</p> <p>Cal:51   Fat: 0g   Pro: 1   Carb: 12</p>	<p>Veggie stir fry (2 scrambled eggs, 1/2c bell peppers and onions, 1/2c broccoli and carrots, 1/2c green beans and snap peas, 1c zucchini noodles)</p> <p>Cal:279   Fat: 17g   Pro:15   Carb: 17</p>	<p>Fajita salad (2c shredded lettuce topped with 3oz sautéed shrimp, 1c red and green bell peppers and onions, 1/4c tomatoes, 1/8c cheese, 1/8c sour cream, and 1/8c guacamole)</p> <p>Cal:309   Fat: 15g   Pro: 26   Carb: 20</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>1/2c edamame</p> <p>Cal:100   Fat: 3g   Pro: 8   Carb: 10</p>	<p>Cal:1142   Fat: 49g   Pro: 71   Carb: 108</p>
Day 5	<p>2 eggs scrambled</p> <p>Cal:140   Fat: 10g   Pro: 12   Carb: 0</p> <p>1/2c Greek yogurt with 1/4c blueberries</p> <p>Cal:86   Fat: 0g   Pro: 12   Carb: 9</p>	<p>Potato leek soup (2c coconut milk, 2oz turkey breast, 1/2c potato chunks, 1/4c leeks, pinch of thyme)</p> <p>Cal:343   Fat: 13g   Pro: 17   Carb: 42</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: 1   Pro: 5   Carb: 30</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>1/2c roasted chickpeas</p> <p>Cal:100   Fat: 2g   Pro: 5   Carb: 17</p>	<p>Cal:1111   Fat: 35g   Pro: 79   Carb: 122</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: 1   Carb: 4</p>	<p>Veggie stir fry (2 scrambled eggs, 1/2c bell peppers and onions, 1/2c broccoli and carrots, 1/2c green beans and snap peas, 1c zucchini noodles)</p> <p>Cal:279   Fat: 17g   Pro:15   Carb: 17</p>	<p>Fajita salad (2c shredded lettuce topped with 3oz sautéed shrimp, 1c red and green bell peppers and onions, 1/4c tomatoes, 1/8c cheese, 1/8c sour cream, and 1/8c guacamole)</p> <p>Cal:309   Fat: 15g   Pro: 26   Carb: 20</p>	<p>1 hard-boiled egg</p> <p>Cal:70   Fat: 5g   Pro: 6   Carb: 0</p>	<p>1/2c cottage cheese with 1/4c pears</p> <p>Cal:97   Fat: 1g   Pro: 14   Carb: 7</p>	<p>Cal:1091   Fat: 58g   Pro: 73   Carb: 77</p>
Day 7	<p>Breakfast taco (1 corn tortilla, 1/4c potatoes, 1 egg, 1/4c black beans)</p> <p>Cal:199   Fat: 6g   Pro: 13   Carb: 25</p> <p>1 small peach</p> <p>Cal:51   Fat: 0g   Pro: 1   Carb: 12</p>	<p>Potato leek soup (2c coconut milk, 2oz turkey breast, 1/2c potato chunks, 1/4c leeks, pinch of thyme)</p> <p>Cal:343   Fat: 13g   Pro: 17   Carb: 42</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 bell peppers with 2T hummus</p> <p>Cal:106   Fat: 4g   Pro: 3   Carb: 13</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:1075   Fat: 34g   Pro: 67   Carb: 126</p>

# 4-Week Whole Food Meal Plan 3

Week 4	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<p>1 WG bagel, each half topped with 1T cream cheese and 1T sunflower seeds</p> <p>Cal:540   Fat: 26g   Pro: 19   Carb: 54</p> <p>1/2c cucumbers</p> <p>Cal:8   Fat: 0g   Pro: 0   Carb: 2</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>Turkey and lentil salad (2c lettuce, 2oz turkey breast, 1/2c green lentils, 5 olives, and 1/4c artichokes)</p> <p>Cal:170   Fat: 5g   Pro: 24   Carb: 41</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:1239   Fat: 58   Pro: 76   Carb: 137</p>
Day 2	<p>1 slice WG toast topped with 1 poached egg and salt &amp; pepper</p> <p>Cal:180   Fat: 7g   Pro: 10   Carb: 20</p> <p>1/2c Greek yogurt with 1/4c blueberries</p> <p>Cal:86   Fat: 0g   Pro: 12   Carb: 9</p>	<p>Squash salad (2c spinach, 1/4c butternut squash, 1/4c acorn squash, 1/2c pumpkin, 3oz chicken, 1/4c bleu cheese)</p> <p>Cal:261   Fat: 12g   Pro:27   Carb: 15</p>	<p>3oz salmon</p> <p>Cal:165   Fat: 11g   Pro: 17   Carb: 0</p> <p>1/2 mashed sweet potato</p> <p>Cal:129   Fat: 0   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>1/2 avocado</p> <p>Cal:160   Fat: 15g   Pro: 2   Carb: 7</p>	<p>Cal:1116   Fat: 53g   Pro: 75   Carb: 96</p>
Day 3	<p>1 WG bagel, each half topped with 1T cream cheese and 1T sunflower seeds</p> <p>Cal:540   Fat: 26g   Pro: 19   Carb: 54</p> <p>1/2c cucumbers</p> <p>Cal:8   Fat: 0g   Pro: 0   Carb: 2</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>Turkey and lentil salad (2c lettuce, 2oz turkey breast, 1/2c green lentils, 5 olives, and 1/4c artichokes)</p> <p>Cal:170   Fat: 5g   Pro: 24   Carb: 41</p>	<p>1/2c Greek yogurt with 1/4c blackberries</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:1200   Fat: 49g   Pro: 86   Carb: 133</p>
Day 4	<p>1/2c rolled oats in 1c whole milk with 1 poached egg</p> <p>Cal:370   Fat: 16g   Pro: 19   Carb: 39</p> <p>1/2c strawberries</p> <p>Cal:24   Fat: 0g   Pro: 1   Carb: 6</p>	<p>Squash salad (2c spinach, 1/4c butternut squash, 1/4c acorn squash, 1/2c pumpkin, 3oz chicken, 1/4c bleu cheese)</p> <p>Cal:261   Fat: 12g   Pro:27   Carb: 15</p>	<p>3oz salmon</p> <p>Cal:165   Fat: 11g   Pro: 17   Carb: 0</p> <p>1/2 mashed sweet potato</p> <p>Cal:129   Fat: 0   Pro: 3   Carb: 30</p>	<p>1/2 avocado</p> <p>Cal:160   Fat: 15g   Pro: 2   Carb: 7</p>	<p>1 cup celery with 2T hummus</p> <p>Cal:76   Fat: 4g   Pro: 3   Carb: 7</p>	<p>Cal:1185   Fat: 58g   Pro: 72   Carb: 104</p>
Day 5	<p>1 slice WG toast topped with 1 poached egg and salt &amp; pepper</p> <p>Cal:180   Fat: 7g   Pro: 10   Carb: 20</p> <p>1/2c Greek yogurt with 1/4c blueberries</p> <p>Cal:86   Fat: 0g   Pro: 12   Carb: 9</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>Hearty stew (2c coconut milk, 1oz beef, 1oz chicken, 1oz turkey, 1/2c black beans, 1/2c carrots, 1/2c celery)</p> <p>Cal:347   Fat: 13   Pro: 28   Carb: 32</p>	<p>1c mushrooms with 2T hummus</p> <p>Cal:90   Fat: 4g   Pro: 6   Carb: 8</p>	<p>1/2c cottage cheese with 1/4c pears</p> <p>Cal:97   Fat: 1g   Pro: 14   Carb: 7</p>	<p>Cal:1096   Fat: 40g   Pro: 93   Carb: 93</p>
Day 6	<p>1/2c rolled oats in 1c whole milk with 1 poached egg</p> <p>Cal:370   Fat: 16g   Pro: 19   Carb: 39</p> <p>1/2c strawberries</p> <p>Cal:24   Fat: 0g   Pro: 1   Carb: 6</p>	<p>Squash salad (2c spinach, 1/4c butternut squash, 1/4c acorn squash, 1/2c pumpkin, 3oz chicken, 1/4c bleu cheese)</p> <p>Cal:261   Fat: 12g   Pro:27   Carb: 15</p>	<p>3oz salmon</p> <p>Cal:165   Fat: 11g   Pro: 17   Carb: 0</p> <p>1/2 mashed sweet potato</p> <p>Cal:129   Fat: 0   Pro: 3   Carb: 30</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:1215   Fat: 58g   Pro: 72   Carb: 110</p>
Day 7	<p>1 WG bagel, each half topped with 1T cream cheese and 1T sunflower seeds</p> <p>Cal:540   Fat: 26g   Pro: 19   Carb: 54</p> <p>1/2c cucumbers</p> <p>Cal:8   Fat: 0g   Pro: 0   Carb: 2</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>Turkey and lentil salad (2c lettuce, 2oz turkey breast, 1/2c green lentils, 5 olives, and 1/4c artichokes)</p> <p>Cal:170   Fat: 5g   Pro: 24   Carb: 41</p>	<p>1/2c carrots with 1T nut butter</p> <p>Cal:121   Fat: 8g   Pro: 5   Carb: 10</p>	<p>1c broccoli with 2T hummus</p> <p>Cal:90   Fat: 4g   Pro: 4   Carb: 10</p>	<p>Cal:1225   Fat: 58g   Pro: 75   Carb: 134</p>