

# 4-Week Whole Food Meal Plan 4

Week 1	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>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>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: 13g   Pro: 28   Carb: 32</p>	<p>1 cup celery with 2T hummus</p> <p>Cal:76   Fat: 4g   Pro: 3   Carb: 7</p>	<p>1 hard-boiled egg</p> <p>Cal:70   Fat: 5g   Pro: 6   Carb: 0</p>	<p>Cal:1243   Fat: 51g   Pro: 87   Carb: 120</p>
Day 2	<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>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>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>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:1213   Fat: 47g   Pro: 82   Carb: 101</p>
Day 3	<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>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>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>1/2c 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:1202   Fat: 42g   Pro: 89   Carb: 124</p>
Day 4	<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>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>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 cup celery with 2T hummus</p> <p>Cal:76   Fat: 4g   Pro: 3   Carb: 7</p>	<p>Cal:1171   Fat: 43g   Pro: 86   Carb: 99</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>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>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>1/2c greek yogurt with 1/4c strawberries</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:1291   Fat: 52g   Pro: 71   Carb: 145</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>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>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: 13g   Pro: 28   Carb: 32</p>	<p>1/2c cottage cheese with 1/4c cantalope</p> <p>Cal:97   Fat: 1g   Pro: 14   Carb: 7</p>	<p>1 hard-boiled egg</p> <p>Cal:70   Fat: 5g   Pro: 6   Carb: 0</p>	<p>Cal:1291   Fat: 40g   Pro: 108   Carb: 116</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>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>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>1/2c roasted chickpeas</p> <p>Cal:100   Fat: 2g   Pro: 5   Carb: 17</p>	<p>1 hard-boiled egg</p> <p>Cal:70   Fat: 5g   Pro: 6   Carb: 0</p>	<p>Cal:1290   Fat: 53g   Pro: 62   Carb: 154</p>

# 4-Week Whole Food Meal Plan 4

Week 2	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<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 raspberries</p> <p>Cal:86   Fat: 0g   Pro: 12   Carb: 9</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>1/2 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:1157   Fat: 48g   Pro: 67   Carb: 123</p>
Day 2	<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>2 large portobello mushrooms each stuffed with 1.5oz chicken, 1/4c sauteed spinach, 1/8c cheese, and 1/4c corn</p> <p>Cal:375   Fat: 19g   Pro: 33   Carb: 28</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 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:1156   Fat: 61g   Pro: 80   Carb: 70</p>
Day 3	<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 raspberries</p> <p>Cal:86   Fat: 0g   Pro: 12   Carb: 9</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 cottage cheese with 1/4c cantalope</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:1036   Fat: 41g   Pro: 74   Carb: 101</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>2 large portobello mushrooms each stuffed with 1.5oz chicken, 1/4c sauteed spinach, 1/8c cheese, and 1/4c corn</p> <p>Cal:375   Fat: 19g   Pro: 33   Carb: 28</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>1/2 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:1149   Fat: 64g   Pro: 75   Carb: 86</p>
Day 5	<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>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>1c bell peppers with 2T hummus</p> <p>Cal:106   Fat: 4g   Pro: 3   Carb: 13</p>	<p>1/2c cottage cheese with 1/4c cantalope</p> <p>Cal:97   Fat: 1g   Pro: 14   Carb: 7</p>	<p>Cal:1105   Fat: 45g   Pro: 69   Carb: 94</p>
Day 6	<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>2 large portobello mushrooms each stuffed with 1.5oz chicken, 1/4c sauteed spinach, 1/8c cheese, and 1/4c corn</p> <p>Cal:375   Fat: 19g   Pro: 33   Carb: 28</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 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:1066   Fat: 51g   Pro: 77   Carb: 90</p>
Day 7	<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 raspberries</p> <p>Cal:86   Fat: 0g   Pro: 12   Carb: 9</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>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 greek yogurt with 1/4c raspberries</p> <p>Cal:86   Fat: 0g   Pro: 12   Carb: 9</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: 48g   Pro: 86   Carb: 86</p>

# 4-Week Whole Food Meal Plan 4

Week 3	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>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>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 apple with 1T nut butter</p> <p>Cal:135   Fat: 8g   Pro: 4   Carb: 15</p>	<p>1/2c greek yogurt with 1/4c strawberries</p> <p>Cal:86   Fat: 0g   Pro: 12   Carb: 9</p>	<p>Cal:1266   Fat: 48g   Pro: 92   Carb: 129</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>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>Hawaiian omelet (3 eggs with 2oz pork and topped with 1/2c pineapple)</p> <p>Cal:346   Fat: 17g   Pro: 30   Carb: 12</p> <p>1c cauliflower</p> <p>Cal:25   Fat: 0g   Pro: 2   Carb: 5</p>	<p>1c mushrooms with 2T hummus</p> <p>Cal:90   Fat: 4g   Pro: 6   Carb: 8</p>	<p>1/2c carrots with 1T nut butter</p> <p>Cal:121   Fat: 8g   Pro: 5   Carb: 10</p>	<p>Cal:1243   Fat: 39g   Pro: 95   Carb: 123</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>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>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>1c bell peppers with 2T hummus</p> <p>Cal:106   Fat: 4g   Pro: 3   Carb: 13</p>	<p>Cal:1230   Fat: 53g   Pro: 82   Carb: 114</p>
Day 4	<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>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>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 cup celery with 2T hummus</p> <p>Cal:76   Fat: 4g   Pro: 3   Carb: 7</p>	<p>Cal:1260   Fat: 32g   Pro: 109   Carb: 147</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>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>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 greek yogurt with 1/4c strawberries</p> <p>Cal:86   Fat: 0g   Pro: 12   Carb: 9</p>	<p>1 hard-boiled egg</p> <p>Cal:70   Fat: 5g   Pro: 6   Carb: 0</p>	<p>Cal:1171   Fat: 45g   Pro: 87   Carb: 113</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>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>Hawaiian omelet (3 eggs with 2oz pork and topped with 1/2c pineapple)</p> <p>Cal:346   Fat: 17g   Pro: 30   Carb: 12</p> <p>1c cauliflower</p> <p>Cal:25   Fat: 0g   Pro: 2   Carb: 5</p>	<p>1c cauliflower with 2T hummus</p> <p>Cal:85   Fat: 4g   Pro: 4   Carb: 9</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135   Fat: 8g   Pro: 4   Carb: 15</p>	<p>Cal:1291   Fat: 43g   Pro: 96   Carb: 126</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>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>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 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:1279   Fat: 47g   Pro: 102   Carb: 124</p>

# 4-Week Whole Food Meal Plan 4

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</p> <p>Cal:24   Fat: 0g   Pro: 1   Carb: 6</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>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>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:1067   Fat: 42g   Pro: 71   Carb: 107</p>
Day 2	<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>PB&amp;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>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>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:1090   Fat: 56g   Pro: 67   Carb: 121</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>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>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>1/3c pumpkin seeds</p> <p>Cal:180   Fat: 15g   Pro: 1   Carb: 5</p>	<p>1/2c edamame</p> <p>Cal:100   Fat: 3g   Pro: 8   Carb: 10</p>	<p>Cal:1093   Fat: 53g   Pro: 68   Carb: 85</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>PB&amp;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>1c broccoli</p> <p>Cal:31   Fat: 0g   Pro: 3   Carb: 6</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:1116   Fat: 51g   Pro: 68   Carb: 106</p>
Day 5	<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>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>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>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:1060   Fat: 56g   Pro: 70   Carb: 108</p>
Day 6	<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>PB&amp;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>1c broccoli</p> <p>Cal:31   Fat: 0g   Pro: 3   Carb: 6</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:1015   Fat: 59g   Pro: 60   Carb: 70</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>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>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 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:1028   Fat: 46g   Pro: 76   Carb: 80</p>