

4 Week Processed Meat Free Meal Plan

Week 1	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<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>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 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 bell peppers with 2T hummus</p> <p>Cal:106 Fat:4 Pro:3 Carb: 13</p>	<p>1/2c carrots with 1T nut butter</p> <p>Cal:121 Fat: 8g Pro: 5 Carb: 10</p>	<p>Cal:1200 Fat: 64g Pro: 91 Carb: 63</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 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>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>1/2 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:1153 Fat: 48g Pro: 89 Carb: 99</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>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 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 bell peppers with 2T hummus</p> <p>Cal:106 Fat:4 Pro:3 Carb: 13</p>	<p>1 hard-boiled egg</p> <p>Cal:70 Fat: 5g Pro: 6 Carb: 0</p>	<p>Cal:1267 Fat: 64g Pro: 71 Carb: 101</p>
Day 4	<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>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>1/2c Greek yogurt with 1/4c raspberries</p> <p>Cal:86 Fat: 0g Pro: 12 Carb: 9</p>	<p>1/2c carrots with 1T nut butter</p> <p>Cal:121 Fat: 8g Pro: 5 Carb: 10</p>	<p>Cal:1203 Fat: 53g Pro: 103 Carb: 78</p>
Day 5	<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>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>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 hard-boiled egg</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:1264 Fat: 60g Pro: 71 Carb: 114</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 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>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:204 Fat: 8g Pro: 8 Carb: 24</p>	<p>Cal:1228 Fat: 48g Pro: 91 Carb: 117</p>
Day 7	<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>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 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 Greek yogurt with 1/4c raspberries</p> <p>Cal:86 Fat: 0g Pro: 12 Carb: 9</p>	<p>Cal:1219 Fat: 67g Pro: 97 Carb: 56</p>

4 Week Processed Meat Free Meal Plan

Week 2	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<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>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>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>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat:8 Pro:4 Carb: 15</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>Cal:1148 Fat: 62g Pro: 79 Carb: 85</p>
Day 2	<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>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 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 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:1187 Fat: 57g Pro: 76 Carb: 101</p>
Day 3	<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>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>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:8 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:1120 Fat: 52g Pro: 85 Carb: 91</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>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>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 blueberries</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: 57g Pro: 81 Carb: 108</p>
Day 5	<p>02+</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>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>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>1c mushrooms with 2T hummus</p> <p>Cal:90 Fat: 4g Pro: 6 Carb: 8</p>	<p>1/2c cottage cheese with 1/4c honeydew melon</p> <p>Cal:97 Fat: 1g Pro: 14 Carb: 7</p>	<p>Cal:1176 Fat: 53g Pro: 87 Carb: 103</p>
Day 6	<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>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 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 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:8 Pro:8 Carb: 24</p>	<p>Cal:1186 Fat: 54g Pro: 85 Carb: 97</p>
Day 7	<p>2 slices WG toast with 1/2 avocado and 1T chia seeds</p> <p>Cal:397 Fat: 17 Pro: 14 Carb: 53</p> <p>1 hard-boiled egg</p> <p>Cal:70 Fat: 5g Pro: 6 Carb: 0</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>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>1c broccoli with 2T hummus</p> <p>Cal:90 Fat: 4g Pro: 4 Carb: 10</p>	<p>1 hard-boiled egg</p> <p>Cal:70 Fat: 5g Pro: 6 Carb: 0</p>	<p>Cal:1192 Fat: 56g Pro: 76 Carb: 107</p>

4 Week Processed Meat Free Meal Plan

Week 3	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>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>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 cottage cheese with 1/4c honeydew melon</p> <p>Cal:97 Fat: 1g Pro: 14 Carb: 7</p>	<p>Cal:1200 Fat: 64g Pro: 91 Carb: 63</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>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>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 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:1166 Fat: 47g Pro: 86 Carb: 110</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>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>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>1/2 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:1134 Fat: 38g Pro: 82 Carb: 129</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>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>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>Strawberry banana smoothie (1c whole milk, 1/2c strawberries, 1/2c banana)</p> <p>Cal:241 Fat: 8g Pro: 10 Carb: 35</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>Cal:1179 Fat: 47g Pro: 77 Carb: 153</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>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>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 roasted chickpeas</p> <p>Cal:100 Fat: 2g Pro: 5 Carb: 17</p>	<p>1/2c cottage cheese with 1/4c honeydew melon</p> <p>Cal:97 Fat: 1g Pro: 14 Carb: 7</p>	<p>Cal:1214 Fat: 53g Pro: 86 Carb: 111</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>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>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:1195 Fat: 34g Pro: 96 Carb: 137</p>
Day 7	<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>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>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 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:1219 Fat: 43g Pro: 81 Carb: 133</p>

4 Week Processed Meat Free Meal Plan

Week 4	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<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>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>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>Strawberry banana smoothie (1c whole milk, 1/2c strawberries, 1/2c banana)</p> <p>Cal:241 Fat: 8g Pro: 10 Carb: 35</p>	<p>1/2 Avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>Cal:1077 Fat: 50g Pro: 92 Carb: 67</p>
Day 2	<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>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>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>1c celery with 1T nut butter</p> <p>Cal:111 Fat: 8g Pro: 5 Carb: 7</p>	<p>1/2c edamame</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>Cal:1161 Fat: 51g Pro: 89 Carb: 98</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 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>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>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>Cal:1183 Fat: 53g Pro: 100 Carb: 86</p>
Day 4	<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>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>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>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>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:1219 Fat: 50g Pro: 81 Carb: 121</p>
Day 5	<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>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>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>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>1/2c carrots with 1T nut butter</p> <p>Cal:121 Fat: 8g Pro: 5 Carb: 10</p>	<p>Cal:1165 Fat: 60g Pro: 80 Carb: 88</p>
Day 6	<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>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>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>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 carrots with 1T nut butter</p> <p>Cal:121 Fat: 8g Pro: 5 Carb: 10</p>	<p>Cal:1104 Fat: 46g Pro: 98 Carb: 80</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>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 honeydew melon</p> <p>Cal:97 Fat: 1g Pro: 14 Carb: 7</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>Cal:1177 Fat: 50g Pro: 90 Carb: 105</p>

4 Week Processed Meat Free Meal Plan