

4-Week No Spice Meal Plan

Week 1	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>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 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>1/2 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:1100 Fat: 35g Pro: 93 Carb: 118</p>
Day 2	<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>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>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>1/2c Greek yogurt with 1/4c raspberries</p> <p>Cal:86 Fat: 0g Pro: 12 Carb: 9</p>	<p>1c mushrooms with 2T hummus</p> <p>Cal:90 Fat: 4g Pro: 6 Carb: 8</p>	<p>Cal:1105 Fat: 35g Pro: 76 Carb: 131</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>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 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>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 cup celery with 2T hummus</p> <p>Cal:76 Fat: 4g Pro: 3 Carb: 7</p>	<p>Cal:1196 Fat: 27g Pro: 103 Carb: 143</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>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>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>1/2 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:1187 Fat: 60g Pro: 74 Carb: 108</p>
Day 5	<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>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>1/2c 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:1062 Fat: 22g Pro: 94 Carb: 130</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>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 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 cottage cheese with 1/4c cantaloupe</p> <p>Cal:97 Fat: 1g Pro: 14 Carb: 7</p>	<p>Cal:1233 Fat: 36g Pro: 96 Carb: 135</p>
Day 7	<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>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>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:1120 Fat: 48g Pro: 91 Carb: 100</p>

4-Week No Spice Meal Plan

Week 2	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>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 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>1/2c edamame</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>1/2c carrots with 2T hummus</p> <p>Cal:86 Fat: 4g Pro: 3 Carb: 10</p>	<p>Cal:1036 Fat: 49g Pro: 76 Carb: 78</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>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>4oz salmon</p> <p>Cal:213 Fat: 9g Pro: 29 Carb: 0</p>	<p>1/2c cottage cheese with 1/4c cantaloupe</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:1212 Fat: 51g Pro: 82 Carb: 122</p>
Day 3	<p>Pumpkin oatmeal (1/2 cup rolled oats, 1/2 cup pumpkin puree, 1/2 cup whole milk)</p> <p>Cal:275 Fat: 8g Pro: 10 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>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>1/2c Greek yogurt with 1/4c raspberries</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:1059 Fat: 38g Pro: 94 Carb: 88</p>
Day 4	<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>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 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 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:1272 Fat: 60g Pro: 82 Carb: 114</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>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 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>1c mushrooms with 2T hummus</p> <p>Cal:90 Fat: 4g Pro: 6 Carb: 8</p>	<p>1/2c carrots with 2T hummus</p> <p>Cal:86 Fat: 4g Pro: 3 Carb: 10</p>	<p>Cal:1084 Fat: 39g Pro: 95 Carb: 91</p>
Day 6	<p>Pumpkin oatmeal (1/2 cup rolled oats, 1/2 cup pumpkin puree, 1/2 cup whole milk)</p> <p>Cal:275 Fat: 8g Pro: 10 Carb: 43</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>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>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:1280 Fat: 57g Pro: 85 Carb: 123</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>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 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>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>1c broccoli with 2T hummus</p> <p>Cal:90 Fat: 4g Pro: 4 Carb: 10</p>	<p>Cal:1122 Fat: 50g Pro: 71 Carb: 108</p>

4-Week No Spice Meal Plan

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>Pad Thai sandwich (1T peanut butter per slice of WG bread, 1/4 cucumber sliced, 1/4c sliced carrots)</p> <p>Cal:427 Fat: 19g Pro: 17 Carb: 54</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>1c cauliflower with 2T hummus</p> <p>Cal:85 Fat: 4g Pro: 4 Carb: 9</p>	<p>1/2c cottage cheese with 1/4c cantaloupe</p> <p>Cal:97 Fat: 1g Pro: 14 Carb: 7</p>	<p>Cal:1272 Fat: 55g Pro: 84 Carb: 121</p>
Day 2	<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>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 salmon</p> <p>Cal:165 Fat: 11g Pro: 17 Carb: 0</p> <p>1/2 mashed sweet potato</p> <p>Cal:129 Fat: 0g Pro: 3 Carb: 30</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:1199 Fat: 55 Pro: 69 Carb: 114</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>Pad Thai sandwich (1T peanut butter per slice of WG bread, 1/4 cucumber sliced, 1/4c sliced carrots)</p> <p>Cal:427 Fat: 19g Pro: 17 Carb: 54</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>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:1221 Fat: 50g Pro: 73 Carb: 131</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>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>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 roasted chickpeas</p> <p>Cal:100 Fat: 2g Pro: 5 Carb: 17</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>Cal:1235 Fat: 58g Pro: 881 Carb: 102</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>Pad Thai sandwich (1T peanut butter per slice of WG bread, 1/4 cucumber sliced, 1/4c sliced carrots)</p> <p>Cal:427 Fat: 19g Pro: 17 Carb: 54</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 cup celery with 2T hummus</p> <p>Cal:76 Fat: 4g Pro: 3 Carb: 7</p>	<p>1c broccoli with 2T hummus</p> <p>Cal:90 Fat: 4g Pro: 4 Carb: 10</p>	<p>Cal:1109 Fat: 40 Pro: 71 Carb: 128</p>
Day 6	<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>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>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>1/2 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:1225 Fat: 60g Pro: 87 Carb: 95</p>
Day 7	<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)</p> <p>Cal:427 Fat: 19g Pro: 17 Carb: 54</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: 0g Pro: 3 Carb: 30</p>	<p>1c mushrooms with 2T hummus</p> <p>Cal:90 Fat: 4g Pro: 6 Carb: 8</p>	<p>1/2c Greek yogurt with 1/4c raspberries</p> <p>Cal:86 Fat: 0g Pro: 12 Carb: 9</p>	<p>Cal:1277 Fat: 47g Pro: 78 Carb: 147</p>

4-Week No Spice Meal Plan

Week 4	BREAKFAST	LUNCH	DINNER	SNACKS 1	SNACKS 2	TOTAL
Day 1	<p>1/2c rolled oats in 1c coconut milk with 1/4c blueberries and 1/8c walnuts</p> <p>Cal:421 Fat: 21g Pro: 16 Carb: 23</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>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 cauliflower with 2T hummus</p> <p>Cal:85 Fat: 4g Pro: 4 Carb: 9</p>	<p>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>Cal:1163 Fat: 49g Pro: 73 Carb: 118</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 1T nut butter, 1/4 banana</p> <p>Cal:231 Fat: 10g Pro: 9 Carb: 32</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 roasted chickpeas</p> <p>Cal:100 Fat: 2g Pro: 5 Carb: 17</p>	<p>1/2 apple with 1T nut butter</p> <p>Cal:135 Fat: 8g Pro: 4 Carb: 15</p>	<p>Cal:1245 Fat: 54g Pro: 103 Carb: 76</p>
Day 3	<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>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>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>1/2 avocado</p> <p>Cal:160 Fat: 15g Pro: 2 Carb: 7</p>	<p>Cal:1087 Fat: 44g Pro: 77 Carb: 106</p>
Day 4	<p>1/2c rolled oats in 1c coconut 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>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>1/2c edamame</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>Cal:1215 Fat: 44g Pro: 86 Carb: 129</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>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>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 broccoli with 2T hummus</p> <p>Cal:90 Fat: 4g Pro: 4 Carb: 10</p>	<p>1/2c carrots with 1T nut butter</p> <p>Cal:121 Fat: 8g Pro: 5 Carb: 10</p>	<p>Cal:1217 Fat: 58g Pro: 78 Carb: 94</p>
Day 6	<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 1T nut butter, 1/4 banana</p> <p>Cal:231 Fat: 10g Pro: 9 Carb: 32</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 edamame</p> <p>Cal:100 Fat: 3g Pro: 8 Carb: 10</p>	<p>Cal:1244 Fat: 53g Pro: 82 Carb: 118</p>
Day 7	<p>1/2c rolled oats in 1c coconut milk with 1/4c blueberries and 1/8c walnuts</p> <p>Cal:421 Fat: 21g Pro: 16 Carb: 23</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>1/2c 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:1193 Fat: 56g Pro: 61 Carb: 123</p>