

OPTIONS:	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK (ONLY IF HUNGRY)
MEAL PLAN 1 (dairy-free)	<a href="#">Chocolate banana smoothie</a> (no need for the honey in the recipe)	veggie slices and chummus	<a href="#">Avocado salmon (brown) rice bowl</a>	<a href="#">1-2 Chocolate peanut butter muffins</a>	<a href="#">Chicken breast with roasted stringbeans and salad</a>	Glass of red wine
MEAL PLAN 2	Omelette with sauteed veggies of choice and 3-5% cottage cheese on the side	Apple with nut butter	<a href="#">Easy taco casserole</a>	<a href="#">Stawberry banana smoothie</a>	<a href="#">Instant pot black beans &amp; rice</a> with fresh salad on the side	small bowl of popcorn
MEAL PLAN 3 (grain-free)	Greek, bio, or Pro20 yogurt with chia seeds, walnuts, almonds, nectarine slices, blueberries, and cinnamon	<a href="#">Chickpea tomato basil salad</a>	Lemon herb salmon with roasted broccoli and sweet potatoes	<a href="#">2-3 grain-free chocolate chip cookies</a>	<a href="#">Chicken fried quinoa</a>	Glass of red wine and 1 piece 85% + dark chocolate
MEAL PLAN 4 (meat-free)	2-3 eggs sunny side up over fresh salad and 1 piece of whole grain toast	Small bowl of fresh berries and a handful of nuts	<a href="#">Tuna patties</a> with lentil chickpea salad	3-5% cottage cheese and grapes	<a href="#">Tofu stirfry over brown rice noodles</a>	tea and a piece of 85% + dark chocolate
Nutrition Content for each meal:						
MEAL 1	protein, fat, veggies, whole grain	veggies, protein, carb	protein, fat, veggies, whole grain	protein, fat, whole grain	protein, fat, veggies, carb	antioxidant, carb
MEAL 2	protein, fat, veggies	fruit, fat, protein	protein, fat, veggies, carb	fruit, fat	protein, whole grain, veggies	whole grain
MEAL 3	protein, fat, veggies, fruit	veggies, protein, carb	protein, fat, carb, veggies	protein, fat, fruit	protein, fat, veggies, carb	antioxidant, carb
MEAL 4	protein, fat, whole grain, veggies	fruit, protein, fat	protein, fat, veggies, carb	fat, protein, fruit	protein, veggies, whole grain	carb