

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	(SNACK IF HUNGRY)
Omelete with sauteed veggies of choice	Spinach berry smoothie	Veggie loaded pasta (whole wheat, chickpea, or brown rice)	Peanut butter chickpea blondie	Stuffed peppers	Tea and and a fruit
NUTRIENT CONTENT:					
protien, fat, veggies	protein, fat, veggie, fruit	whole grain/carb, protein, veggies	fruit, protein, carb	protein, fat, veggies	fruit