

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	(SNACK IF HUNGRY)
2-3 sunny side up eggs over fresh salad with chickpeas	2-3 energy bites of choice	Salmon with buckwheat salad and roasted sweet potatoes and broccoli	Fruit-yogurt-nut smoothie of choice	Quinoa crust pizza with goat cheese and veggie toppings you love (or roasted veggies on the side).	1 small bowl off homemade popcorn
NUTRIENT CONTENT:					
protein,veggies, carb	protein, fat	protein, veggies, whole grain	fruit, protein, fat	protein, carbs, fat, veggies	whole grain