

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	(SNACK IF HUNGRY)
Pumpkin spice breakfast muffin and a greek yogurt	2-3 healthy chickpea cookie dough energy bites	Veggie-loaded shakshuka with avocado slices and and roasted mushrooms	Roasted stringbeans, brussel sprouts, and slivered almonds topped with parmesan (or other veggies of choice).	Lean beef and broccoli stirfry over bean noodles	Glass of red wine and 1 piece 85% dark chocolate
NUTRIENT CONTENT:					
whole grain, veggies, protein, fat	protein, fat, carbs	protein, fat, veggies	veggies, carbs, protein	protein, veggies, carb	antioxidants