

OPTIONS:	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK (ONLY IF HUNGRY)
MEAL PLAN 1 (meat-free)	Omelete with onions, mushrooms, red pepper, spinach, and feta cheese	1-2 pumpkin oat muffins	Roasted veggie bowl over brown rice noodles and tofu	2-3 energy bites	Thick veggie soup with peas, beans, and lentils	roasted broccoli with parmesean cheese
MEAL PLAN 2 (dairy-free)	Green shake with spinach, kale, or avocado, oats, nuts/nut butter, seeds, date, and almond milk	Hard boiled egg with veggie slices	Turkey breast sandwich on whole grain bread with fresh salad on the side	Apple with 1 tbsp natural peanut butter	Salmon with quinoa salad	1-2 handfuls of grapes
MEAL PLAN 3	2-3 sunny side up eggs over salad with techina dressing	Home made granola bars with seeds, nuts, and craisins (1-3 depending on size)	Easy tuna-cabbage wrap filled with veggies and cheese	Protein shake with high-protein yogurt, frozen berries, chia and flax seeds, and nuts	Roasted chicken and veggies	1 small bowl home-made popcorn adn a cup of tea
MEAL PLAN 4 (grain-free)	Yogurt with chia and pumpkin seeds, almond butter, pecans, nectarines, and cinnamon	small bowl of veggie-lentil soup	Steak salad (or other lean meat of choice) with roasted mushrooms and sweet potatoes	Banana with nut-butter	Stir-fried chicken breast and veggies over quinoa	1 glass red wine and piece of 85%+ dark chocolate
Nutrition Content for each meal:						
MEAL 1	protein, fat, veggies	whole grain, veggie, fruit, protein	veggies, whole grain, protein	protein, fruit, fat	veggies, protein, carbs	veggies, fat, protein
MEAL 2	veggies, protein, fat, whole grain, fruit	protein, fat, veggies	protein, fat, veggies, whole grain	protein, fat, fruit	protein, fat, carb, veggies	fruit
MEAL 3	protein, fat, veggies	whole grain, protein, fat, fruit	protein, fat, veggies	protein, fat, fruit	protein, veggies	whole grain
MEAL 4	protein, fat, fruit	veggies, protein, carb	protein, fat, veggies, carb	protein, fat, fruit	protein, carb, veggies	carb, fiber, fat, antioxidants