

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	(SNACK IF HUNGRY)
Morning "halva" shake with greek yogurt, raw tehini, 1 date, chia seeds, 2 brazil nuts, and ice	Half a pepper filled with tuna and celery	Turkey meatballs over brown rice. Salad on the side.	apple with 1 tbsp natural peanut butter	Crustless broccoli quiche with kale and beet chips on the side	left over kale and beet chips
NUTRIENT CONTENT:					
protein, fat, fruit	protein, veggies	protein, whole grain, veggies	fruit, protein, fat	protein, fat, veggies	veggies