

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	(SNACK IF HUNGRY)
Greek yogurt (or bio) with chia seeds, flax seeds, mixed nuts, 1/2 banana, natural peanut butter, and cinnamon	Cherry tomato and avocado salad with chummus, lemon juice, olive oil, salt, pepper	Orange roasted chicken breast with roasted broccoli & cauliflower over quinoa	2-3 carrot-zuchinni-applesauce muffins with chickpea flour and spelt flour	Crustless quiche with spinach, onions, mushrooms, an peppers. Fresh salad on the side.	1-2 pieces fo 85% dark chocolate + 1 glass red wine
<b>NUTRIENT CONTENT:</b>					
protein, fruit, carbs, fat	veggies, protein, fat	protein, veggies, carb	whole grain, protein, veggies	protein, veggies	antioxidants