

OPTIONS:	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK (ONLY IF HUNGRY)
MEAL PLAN 1 (dairy-free)	2-3 eggs and salad with 1 slice whole grain toast drizzled with olive oil and salt	green apple with 1 tbsp natural peanut butter	Salmon with roasted sweet potatoes and garlic roasted eggplant	Bowl of homemade popcorn with olive oil and salt	Cabbage Beef Soup	Tea and a fruit
MEAL PLAN 2	Greek yogurt with berries, chia seeds, and a handful of nuts of choice	1-2 hard boiled eggs and red pepper slices with chummus	Orange soup and tuna salad	Green smoothie	Chicken stirfry over brown rice	small bowl of popcorn
MEAL PLAN 3 (grain-free)	Creamy blueberry avocado smoothie	Banana with peanut butter	Roasted chicken with quinoa salad	Veggie slices with chummus	Vegetable lentil quinoa soup	Glass of red wine and 1 piece 85% + dark chocolate
MEAL PLAN 4 (meat-free)	Oatmeal with blueberries, almond butter, cinnamon, chia seeds, and a drizzle of maple syrup	Protein packed chickpea salad	Omelette with onions, mushrooms, and spinach with a small baked potato on the side	1-2 Banana applesauce muffins	Tilopia with bulgur salad and roasted veggies of choice	roasted veggies
Nutrition Content for each meal:						
MEAL 1	protein, fat, veggies, whole grain	fruit, fat, protein	protein, fat, veggies	whole grain	protein, fat, veggies	fruit
MEAL 2	protein, fat, fruit	fat, protein, veggies	protein, veggies, carb	veggies, fruit, protein, fat	protein, fat, veggies, whole grain	whole grain
MEAL 3	protein, fat, veggies, fruit	fruit, fat, protein	protin, fat, carb, veggies	protein, fat, veggies	protein, veggies, carb	antioxidant, carb
MEAL 4	protein, fat, whole grain, fruit	veggies, protein, fat	protein, fat, veggies, carb	whole grain, fruit, protein	protein, fat, veggies, whole grain	veggies