

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	(SNACK IF HUNGRY)
Morning shake with yogurt, raw techina, dates, nuts, chia seeds, flax seeds, oats, ice (or another recipe you love)	red bell pepper dipped in chummus	Spiced tilopia (or protein of choice) with roasted cauliflower chickpea salad	Banana with natural peanut butter, cinnamon, and coconut flakes	Turkey breast with quinoa salad with avocado, sweet potatos, and sugar-free craisins	roasted veggies of choice
NUTRIENT CONTENT:					
protein, fat, fruit, whole grain	veggies, protein	protein, fat, veggies, carb	fruit, carb, protein, fat	protein, veggies, carb	veggies