

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast (7 – 8 AM)</b>	Egg white omelet with veggies 2 slices turkey bacon	Oatmeal 1 cup berries	2 Boiled Eggs 1 Plain Yogurt	2 scrambled eggs 1 slice wheat toast 2 slices turkey bacon	Oatmeal 1 cup berries	Egg white omelet with veggies 2 slices turkey bacon	2 scrambled eggs 1 slice wheat toast 2 avocado slices
<b>Snack (10 – 11 AM)</b>	Apple	Banana	1 Cup of Watermelon	1 plain or Greek Non-fat Yogurt	1 Cup of Berries	½ avocado	Guava or Pear
<b>Lunch (12:30 – 1:30 PM)</b>	Grilled chicken salad w/tomatoes and cucumber 2 tbsp. olive oil dressing	Black bean mango salad w/salmon (or any other fish)	Lettuce wrap with grilled chicken and avocado	Shrimp, corn, black beans and tomato salad 2 tbsp. olive oil dressing	Avocado, strawberry and spinach salad w/grilled chicken 2 tbsp. olive oil dressing	Grilled salmon salad w/tomatoes and cucumber 2 tbsp. olive oil dressing	Chicken skewers with grilled veggies (all sorts)
<b>Snack (3 - 4 PM)</b>	1 serving of almonds (15) ½ cup yogurt	Apple	Orange or Mandarin	Sliced carrots with ½ avocado	1 plain or Greek yogurt	1 cup pineapple chunks	1 serving of almonds 1 cup of berries
<b>Dinner (6 - 8 PM)</b>	Salmon, broccoli and ½ cup brown rice	Chicken breast, steamed carrots, and ½ baked sweet potato	Pork, Brussel sprouts, and ½ cup brown rice	Sautéed chicken and veggies (all sorts)	1 Baked sweet potato, salmon and roasted cauliflower	Ground chicken lettuce wraps with bell peppers	Skirt steak wrapped in lettuce, tomato and avocado slices
<b>Snack (Before 10 PM)</b>	1 cup berries	½ cup plain non fat yogurt	1 cup baby carrots	½ cup plain yogurt	1 boiled egg	½ cup plain yogurt	1 cup berries