

**Week #1 & Week #3**

	<b>Breakfast</b>	<b>Morning Snack</b>	<b>Lunch</b>	<b>Afternoon Snack</b>	<b>Dinner</b>	<b>Late Night Snack (if hungry)</b>
<b>Monday</b>	1 egg + 3 egg whites Omelet (add whatever veggies & meat you like); ½ fruit; water	Handful of nuts; 1 apple; water	Healthy Soup of your choice; chicken breast; water	Celery w/ 1 ½ T. Natural Nut Butter; water	<a href="#">Grilled chicken &amp; veggie stir-fry</a> ; quinoa or brown rice; water	Simple Protein Shake (protein powder & water); apple
<b>Tuesday</b>	<a href="#">Cinnamon Apple Protein Oatmeal</a> ; water	Protein Shake of your choice (no more than 250 calories); water	Grilled Chicken Salad; chicken, lettuce/spinach, veggies, black beans; lite dressing; water	Handful of nuts; 1 serving fruit; water	Baked fish of your choice; steamed veggies; salad; water	4 egg whites, scrambled w/ salsa
<b>Wednesday</b>	2 <a href="#">Protein Packed Pancakes</a> topped with sugar free syrup and ½ fruit; water	3 ounces natural ham/turkey deli meat; ½ fruit; water	Leftover fish or stir-fry; water	Fruit & Nut Salad; chopped fruit and nuts w/ a dollop of Greek yogurt or cottage cheese; water	<a href="#">Almond Crusted Parmesan Chicken</a> ; steamed veggies; salad; water	Simple Protein Shake (protein powder & water); apple
<b>Thursday</b>	1 egg + 3 egg whites scramble (w/ whatever veggies you like); ½ fruit; water	½ can tuna mixed with small amount of lite mayo and pickles; 1 apple; water	Leftover <a href="#">Almond Crusted Parmesan Chicken</a> ; veggies; water	Sliced cucumber, celery or bell pepper dipped in Hummus or Tzatziki; water	<a href="#">Taco Salad</a> (no chips or cheese); water	1 apple w/ 1 T. Peanut/Almond Butter
<b>Friday</b>	<a href="#">Chocolate Peanut Butter Protein Oatmeal</a> ; water	2 hard-boiled eggs; ½ fruit; water	Leftover <a href="#">Taco Salad</a> (or put taco stuff in a low-carb tortilla.)	½ can tuna mixed with small amount of lite mayo; 1 pear; water	Bunless <a href="#">Turkey Burgers</a> ; <a href="#">Sweet Potato Fries</a> ; Salad	4 egg whites, scrambled w/ salsa
<b>Saturday</b>	1 egg + 3 egg whites Omelet (add whatever veggies & meat you like); ½ fruit; water	Protein Shake of your choice (no more than 250 calories); water	Leftover Bunless <a href="#">Turkey Burger</a> ; salad; water	1 string cheese (can do <a href="#">Cheese Crisps</a> ); 1 fruit	1 medium bowl <a href="#">Chicken Tortilla Soup</a> ; salad; water	Handful of nuts; 1 fruit
<b>Sunday</b>	2 <a href="#">Chocolate Protein Pancakes</a> topped with sugar free syrup and ½ fruit; water	Handful of nuts; 1 serving fruit; water	Roast Chicken; <a href="#">cauliflower potatoes</a> ; salad; water	Protein Shake of your choice (no more than 250 calories); water	LEFTOVERS!	4 egg whites, scrambled w/ salsa

**Week #2 & Week #4**

	<b>Breakfast</b>	<b>Morning Snack</b>	<b>Lunch</b>	<b>Afternoon Snack</b>	<b>Dinner</b>	<b>Late Night Snack (if hungry)</b>
<b>Monday</b>	2 <a href="#">Pumpkin Protein Pancakes</a> topped with sugar free syrup and ½ fruit; water	Sliced cucumber, celery or bell pepper dipped in Hummus or Tzatziki; water	Healthy Soup of your choice; chicken breast; water	1 string cheese (can do <a href="#">Cheese Crisps</a> ); 1 fruit	<a href="#">Hawaiian Haystack</a> ; water	Simple Protein Shake (protein powder & water); apple
<b>Tuesday</b>	<a href="#">Cinnamon Raisin Protein Oatmeal</a> ; water	Deli meat lettuce wraps (meat, veggies, pickle, mustard wrapped in Romaine lettuce leaf)	Leftover <a href="#">Hawaiian Haystack</a> ; water	Handful of nuts; 1 serving fruit; water	<a href="#">Taco Soup</a> ; salad; water	4 egg whites, scrambled w/ salsa
<b>Wednesday</b>	1 egg + 3 egg whites Omelet (add whatever veggies & meat you like); ½ fruit; water	Celery w/ 1 ½ T. Natural Nut Butter; water	Leftover <a href="#">Taco Soup</a> ; salad; water	½ chicken breast (~3 oz.) topped with 1 T. Tzatziki; 1 sliced tomato	<a href="#">Chicken Cordon Bleu</a> (or chicken of choice); <a href="#">Green Bean Fries</a> ; Salad; water	Simple Protein Shake (protein powder & water); apple
<b>Thursday</b>	<a href="#">Cinnamon Apple Protein Oatmeal</a> ; water	Protein Shake of your choice (no more than 250 calories); water	Leftover <a href="#">Chicken Cordon Bleu</a> ; salad; water	Sliced cucumber, celery or bell pepper dipped in Hummus or Tzatziki; water	Pulled Pork; <a href="#">cauliflower potatoes</a> ; salad; water	1 apple w/ 1 T. Peanut/Almond Butter
<b>Friday</b>	2 <a href="#">Coconut Chia Seed Protein Pancakes</a> topped with sugar free syrup and ½ fruit; water	2 hard-boiled eggs; ½ fruit; water	Salad or lettuce wraps w/ leftover Pulled Pork; water	½ can tuna mixed with small amount of lite mayo and pickles; 1 pear; water	<a href="#">Grilled Chicken</a> ; steamed veggies; salad; water	Deli meat lettuce wraps (meat, veggies, pickle, mustard wrapped in Romaine lettuce leaf)
<b>Saturday</b>	1 egg + 3 egg whites scramble (w/ whatever veggies you like); ½ fruit; water	Protein Shake of your choice (no more than 250 calories); water	Leftover <a href="#">Chicken</a> topped with Tzatziki; salad; water	Fruit & Nut Salad; chopped fruit and nuts w/ a dollop of Greek yogurt or cottage cheese; water	Beef Stew; salad; water	Handful of nuts; 1 fruit
<b>Sunday</b>	2 <a href="#">Protein Packed Pancakes</a> topped with sugar free syrup and ½ fruit; water	Handful of nuts; 1 serving fruit; water	LEFTOVERS!	Protein Shake of your choice (no more than 250 calories); water	LEFTOVERS!	1 string cheese (can do <a href="#">Cheese Crisps</a> ); 1 fruit