

2000-2200

CALORIES PER DAY

DAY 1

DAY 2

BREAKFAST	vegetable		SMOOTHIE	1 cup spinach
	protein	1 turkey sausage		1 scoop whey or 6-8oz yogurt
	grain	1 slice whole wheat toast		1/2 cup oats
	fruit	1 handful berries		1 handful of strawberries
	fat	1 tbsp. peanut butter		2 tbsp. flax seed

AM SNACK	vegetable		
	protein		4-6oz Greek yogurt
	grain	2 rice cakes	
	fruit	1 small apple	2 tbsp. dried fruit
	fat	1 tbsp. nut butter	

LUNCH	vegetable	2 handfuls salad greens	2 handfuls roasted vegetables
	protein	3oz grilled chicken breast	3oz salmon
	grain	2/3 cup brown rice	1 cup sweet potato
	fruit	1 small apple	1 orange
	fat	1/2 avocado	1 tbsp. olive oil

DINNER	vegetable	2 handfuls roasted vegetables	2 handfuls salad greens
	protein	3oz white fish	3oz lean steak or lean beef
	grain	3/4 cup quinoa	1 1/2 cup whole grain pasta
	fruit		
	fat	2 spoons olive oil / 1 tsp. butter	2 tbsp. olive oil

PM SNACK	vegetable	carrot sticks	
	protein	1/2 cup of hummus	1 string cheese
	grain		10 whole grain crackers
	fruit		
	fat		

POST WORKOUT	vegetable		
	protein	SMOOTHIE	1 hard boiled egg
	grain		2 slices whole grain toast
	fruit		handful of strawberries
	fat		2 tbsp. flax seed

Portion into ziplock bags.