

1600-1800

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 gluten free waffle		
	fruit	1 handful berries		1 cup mixed fruit
	fat	1 tbsp. peanut butter		1 tbsp. nut butter

AM SNACK	vegetable		
	protein	1/2 cup cottage cheese	4-6oz Greek yogurt
	grain		
	fruit	1/2 cup canned peaches	
	fat		1 small handful walnuts

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	1/8 avocado	1 tsp. olive oil

DINNER	vegetable	2 handfuls roasted vegetables	2 handfuls salad greens
	protein	5oz white fish	5oz lean steak or lean beef
	grain	1/2 cup quinoa	1 cup whole grain pasta
	fruit		
	fat	1 spoon olive oil / 1 tsp. butter	2 tsp. olive oil

PM SNACK	vegetable		TRAIL MIX	
	protein			1 handful nuts and seeds
	grain	2 rice cakes		
	fruit			dried fruit
	fat	1 tbsp. nut butter		<i>Portion into ziplock bags.</i>