

# 1400-1600 CALORIES PER DAY

## DAY 1

## DAY 2

<b>BREAKFAST</b>	vegetable		<b>SMOOTHIE</b>	1 cup kale
	protein	1 egg		1 scoop whey or 6oz yogurt
	grain	1 slice whole wheat toast		
	fruit	1 handful berries		1 handful mixed berries
	fat	1/8 avocado		2 tsp flax seed

<b>AM SNACK</b>	vegetable		
	protein	1/2 cup edamame	4-6oz Greek yogurt
	grain		
	fruit		
	fat		1 small handful walnuts

<b>LUNCH</b>	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		
	fat	1 tbsp. pumpkin seeds	2 tsp. olive oil

<b>DINNER</b>	vegetable	2 handfuls roasted vegetables	2 handfuls salad greens
	protein	5oz white fish	5oz lean steak or lean beef
	grain	1/4 cup quinoa	1/3 cup pasta
	fruit		
	fat	1 spoon olive oil / 1 tsp. butter	2 tbsp. olive oil

<b>PM SNACK</b>	vegetable		<b>TRAIL MIX</b>	
	protein	1 small beef jerky		1 handful nuts and seeds
	grain			
	fruit			
	fat			Portion into ziplock bags.