

2200-2400

CALORIES PER DAY

DAY 1

DAY 2

BREAKFAST	vegetable	sautéed mushrooms	SMOOTHIE	1 cup spinach
	protein	2 eggs		1 scoop whey or 6-8oz yogurt
	grain	1 slice whole wheat toast		
	fruit	1 handful strawberries		1 handful of mango
	fat	2 tbsp. peanut butter		1 tsp. Chia seeds

AM SNACK	vegetable		
	protein	3oz tuna salad	4-6oz Greek yogurt
	grain	5-10 wheat crackers	
	fruit		
	fat		1 small handful of 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		
	fat	1/4 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	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 small beef jerky		1 handful of nuts and seeds
	grain			
	fruit	1 apple		dried fruit
	fat			<i>Portion into ziplock bags.</i>

POST WORKOUT	vegetable		
	protein	1 scoop whey protein	6oz yogurt
	grain		
	fruit	handful of strawberries	
	fat		1 small handful of walnuts

Portion into ziplock bags.