

2800-3000

CALORIES PER DAY

DAY 1

DAY 2

BREAKFAST	vegetable	sautéed mushrooms / spinach	SMOOTHIE	1 cup spinach
	protein	2 eggs		1 scoop whey or 6-8oz yogurt
	grain	1 sweet potato		1/2 cup of oats
	fruit	1/2 cup of berries		1 banana
	fat	1 tbsp. olive oil		2 tbsp. nut butter

AM SNACK	vegetable		lettuce/tomato
	protein		1/2 cup hummus
	grain	2 slices whole grain toast	1 pita bread
	fruit	1/2 banana	handful of grapes
	fat	2 tbsp. nut butter	

LUNCH	vegetable	2 handfuls salad greens	2 handfuls roasted vegetables
	protein	3oz grilled chicken breast	3oz salmon
	grain	1 1/3 cup brown rice	1 1/2 cup sweet potato
	fruit	1 small apple	1 orange
	fat	1/4 avocado	1 tbsp. olive oil

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

PM SNACK	vegetable		
	protein	1/2 cup cottage cheese	1 cup milk
	grain	16 whole grain crackers	1 cup Kashi Cereal
	fruit	1/2 cup peaches	1 cup mixed berries
	fat		1 small handful of walnuts

POST WORKOUT	vegetable	SMOOTHIE		
	protein		1 scoop whey protein	6oz yogurt
	grain		1/2 cup of oats	
	fruit		handful of strawberries	1 cup mixed fruit
	fat		2 tbsp. flax seed	1 small handful of walnuts