

WEEK #2 MEAL PLAN

| | MONDAY (Workout) | TUESDAY | WEDNESDAY (Workout) | THURSDAY | FRIDAY (Workout) | SATURDAY (Workout) | SUNDAY |
|--------------------------|--|--|---|--|---------------------|--|---|
| PRE-WORKOUT SNACK | 1/2 or whole banana | | 1/2 or whole banana | | 1/2 or whole banana | 1 pear | |
| BKFST | Scrambled eggs 1 egg & 2 egg whites 1 sl. Ezekiel bread | Green Smoothie | 1/2 cup Steel Cut Oats sprinkle of cinnamon | Green Smoothie | T R | 1/2 cup Steel Cut Oats cinnamon | Veggie Omelet (1 egg, 2 egg whites) spinach, tomatoes, mushrooms 1/2 cup of fruit |
| SNACK | 8oz. Greek plain yogurt 1/2 cup blueberries | 1 Hard boiled egg 1/2 cup cherries | 3 stalks of celery 1 Tbs. Almond butter or natural peanut butter | Water | E A | 1 apple 1/4 cup raw nuts | 1 Tbs. Hummus 1-2 cups Carrots/broccoli cauliflower |
| LUNCH | 1-2 cups mix salad 1 cup of vegetables 1 string cheese 1 Tbs. Dressing | 3-4 oz. Chkn Breast 1-2 cups mix greens 1 cup other veggies 1 Tbs. Dressing | tuna sandwich w/tomato slice spinach leafs 2 sl. Ezekiel Bread | 1-2 cups of vegetables 1 cup of fruit | T D | Green Smoothie | Protein Shake with water |
| SNACK | 2 Tbs. Hummus 1-2 cups carrots, cucumbers, celery | 1/4 cup raw nuts | 1/2 cup Cottage cheese | Water | A Y | 1 hard boiled egg | 1 apple 1/4 cup raw nuts |
| DINNER | 3-4oz Fish - not fried 1 Sweet Potato 1 cup steamed broccoli | 3-4 oz. Turkey Breast 1-2 cups of steamed vegetables | Protein Shake with water | Lettuce wrap w/ 1-2 cups veggies lemon juice | ! | 3-4 oz. lean meat 1-2 cups steamed vegetables 1/2 cup Quinoa | 3-4 oz. Chicken Breast 1-2 cups asparagus |
| NOTES | Optional: EFA before bed or 1/2 in the AM and 1/2 in the PM Water - 1/2 body weight in ounces everyday! No iceberg lettuce | | | | | | |