

Legend

• Proteins

• Carbs

• Fats

• Veggies

• Other

**Breakfast #1**

28 Protein | 40 Carbs | 10 Fats

- 1 Egg
- 1/2 Cup Liquid Egg Whites
- 1/4 Cup 'Fairlife' Fat-Free Milk
- 1/2 Cup Dry Oats
- 1/2 Cup Blackberries

Alternative to Oats:

- 2 Slices Whole Grain Toast
- 2 Cup Cheerios

**Breakfast #2**

28 Protein | 40 Carbs | 10 Fats

- 1 Egg
- 1 Link Turkey Sausage
- 1 Single-Serving Greek Yogurt
- 2.5 Cup Shredded Hash Brown Potatoes
- 1/2 Cup Blueberries

⚠ Keep food simple at first. For example, pick one or two meals to eat for breakfast every day. Do this for a few weeks, then add in a third meal. Slowly building your meal library this way makes things more manageable.

**Lunch/Dinner #1**

28 Protein | 40 Carbs | 10 Fats

- 4 oz Salmon (Cooked)
- 3/4 Cup Quinoa (Cooked)
- 1 Cup Asparagus

**Lunch/Dinner #3**

28 Protein | 45 Carbs | 10 Fats

- 3 oz Lean Ground Beef (Cooked)
- 2 Small Flour Tortillas
- 1.5 TBSP Guacamole
- 1 TBSP Green Pepper
- 1 TBSP Onion
- 1/4 Cup Lettuce
- 2 TBSP Salsa

**Lunch/Dinner #2**

28 Protein | 45 Carbs | 10 Fats

- 3 oz Chicken Breast (Cooked)
- 1 Medium Sweet Potato
- 1 TBSP Low-Fat Butter or Sour Cream
- 1 Cup Broccoli

**Snack #1**

24 Protein | 17 Carbs | 4 Fats

- Meal Replacement Shake

**Snack #2**

22 Protein | 14 Carbs | 4 Fats

- 2.5 oz Turkey Breast
- 1 Slice Whole Wheat Bread
- 1 TBSP Light 'Miracle Whip'

**Snack #3**

22 Protein | 14 Carbs | 4 Fats

- 1 Single-Serve Container of 'Two Good' Greek Yogurt
- 1/2 Protein Bar

**Snack #4**

22 Protein | 14 Carbs | 4 Fats

- 1.5 Packets 'Starkist' Tuna Creations
- 10 'Blue Diamond' Almond Nut-Thins

