

**Breakfast**

**Snacks**

**Lunch**

**Dinner**

<p><b><u>Protein Shake</u></b></p> <p>1 C Almond Milk (unsweetened Vanilla) 1 Tbsp Almond Butter 1 Banana ½ c. Mixed Berries 1 t. Flax Seed</p> <ul style="list-style-type: none"> <li>• Essential Fatty Acid "GOOD FAT"</li> <li>• High in Fiber</li> </ul> <p>1 t. Chia Seeds</p> <ul style="list-style-type: none"> <li>• Stabilizes sugar</li> <li>• Improves brain function</li> <li>• Aids weight loss</li> <li>• Reduces inflammation</li> <li>• Aids digestion</li> </ul>	<p><b><u>AM Snack</u></b></p> <p>½ Apple 1 Hard Boiled Egg</p> <p><b>NUTRITIONAL INFO</b> Cal. 120 Protein 7g Carbs 11g Fats 5g Sugars 9g Sod. 80mg</p> <p><b><u>PM Snack</u></b></p> <p>6 almonds ½ banana 1 lowfat string cheese</p> <p><b>NUTRITIONAL INFO</b> Cal. 147 Protein 9g Carbs 16g Fats 6g Sugars 10g Sod. 200mg</p>	<p><b><u>Nicoise Salad</u></b></p> <p>1 Hard boiled Egg 3 oz. Tuna 1 C. Salad Mix (Power Greens Mix @ Costco) Add any extra veggies Dressing</p> <ul style="list-style-type: none"> <li>• Juice ½ Lemon</li> <li>• 1 tsp Olive Oil</li> <li>• 1 Tb Apple Cider Vinegar</li> </ul>	<p><b><u>Grilled Chicken</u></b></p> <p>4 oz. Grilled Chicken Asparagus</p> <p>Place in ziplock bag w/ a splash of red wine vinegar, splash of olive oil and a pinch of salt, pepper and garlic salt. Marinate for at least 30 min. and grill or roast</p> <p>½ Baked Sweet Potato</p> <p>*Plan for dinner the night before. EX: thaw out chicken breast in the morning and marinate w/lemon, rosemary and olive oil.</p>
<p><b>NUTRITIONAL INFO</b> Cal. 252 Protein 6g Carbs 29g Fats 14g Sugars 16g Sod. 252 mg</p>	<p><b>REMINDERS</b> Keep your water intake up!</p>	<p><b>NUTRITIONAL INFO</b> Cal. 210 Protein 30.5g Carbs 6g Fats 3g Sugars .6g Sod. 550 mg</p>	<p><b>NUTRITIONAL INFO</b> Cal. 282 Protein 39g Carbs 15g Fats 4.5g Sugars 6g Sod. 615 mg</p>

**Shopping List**

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|--|-------------------------|---------------------|
| <input type="checkbox"/> Salad Mix                                   | Almond Milk             | 1 lemon             |
| <input type="checkbox"/> 1 bag frozen mixed berries                  | Lowfat string cheese    | Olive oil           |
| <input type="checkbox"/> 1 bunch asparagus                           | Almonds (raw, unsalted) | Apple Cider Vinegar |
| <input type="checkbox"/> Sweet potato                                | Almond Butter           |                     |
| <input type="checkbox"/> 1 apple                                     | 1 can tuna              |                     |
| <input type="checkbox"/> Eggs  | 1 bag flax seed         |                     |
| <input type="checkbox"/> Boneless, skinless chicken breasts (1 pack) | 1 bag chia seeds        |                     |