

Breakfast

Snacks

Lunch

Dinner

<p><u>Scramble</u> ½ c Sweet potato cubed 2 Slices of turkey bacon ½ c Egg whites ½ small avocado</p> <ul style="list-style-type: none"> • Saute sweet potato for 5-10 minutes in 1tbsp coconut oil • Saute turkey bacon • Add egg whites 	<p><u>AM Snack</u> 1 c diced/cubed watermelon</p> <p>NUTRITIONAL INFO Cal. 46 Protein 1g Carbs 12g Fats 0g Sugars 10g Sod. 2mg</p> <p><u>PM Snack</u> 1 Sliced Apple 2 Tbsp. Low fat Peanut Butter</p> <p>NUTRITIONAL INFO Cal. 270 Protein g Carbs 37g Fats 6g Sugars 10g Sod. 200mg</p>	<p><u>Tuna Salad on Ezekiel</u> 3 oz. albacore ½ c diced tomato 1Tbsp. Hellman’s Canola Mayo 1 Celery stalk diced Red onion diced 1 oz. ¼ c diced cucumber 1 slice Ezekiel 7 Grain Bread ½ avocado sliced</p>	<p><u>Thai Citrus Chicken Salad</u> *3 servings 1 chicken breast 1 clove garlic 1 ½ c Napa cabbage shredded 1 c Red cabbage shredded 1 c papaya diced 1c carrots shredded ¼ c green onion diced ¼ c cilantro chopped 1 tbsp. olive oil ½ lime cut into wedges *Saute cubed chicken breast with pinch salt/pepper and minced garlic 7 minutes. Squeeze 1lime wedge onto chicken. Large bowl toss rest of ingredients. Mix salad dressing: 1 tbsp. Lime juice, soy sauce, fish sauce. 1 tsp rice vinegar ½ tsp olive oil. 2 cloves minced garlic. ½ jalapeno. Add dressing to salad.</p>
<p>NUTRITIONAL INFO Cal. 255 Protein 8g Carbs 26g Fats 8g Sugars 8g Sod. 474 mg</p>	<p>REMINDERS Keep your water intake up!</p>	<p>NUTRITIONAL INFO Cal. 341 Protein g Carbs 31g Fats 13g Sugars 7g Sod. 450 mg</p>	<p>NUTRITIONAL INFO Cal. 223 Protein 24g Carbs 14g Fats 8g Sugars 8g Sod. 899 mg</p>

Shopping List

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> Sweet potato | <input type="checkbox"/> watermelon | <input type="checkbox"/> albacore tuna | <input type="checkbox"/> chicken breast |
| <input type="checkbox"/> Turkey bacon | <input type="checkbox"/> apple | <input type="checkbox"/> tomato | <input type="checkbox"/> garlic |
| <input type="checkbox"/> Sweet potato | <input type="checkbox"/> peanut butter | <input type="checkbox"/> canola mayo | <input type="checkbox"/> napa cabbage |
| <input type="checkbox"/> Egg whites (3) | <input type="checkbox"/> celery | <input type="checkbox"/> 1 can tuna | <input type="checkbox"/> red cabbage |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> red onion | <input type="checkbox"/> cucumber | <input type="checkbox"/> papaya |
| <input type="checkbox"/> Coconut oil | <input type="checkbox"/> Ezekiel 7 grain bread | <input type="checkbox"/> carrots | <input type="checkbox"/> green onion |
| <input type="checkbox"/> Cilantro, olive oil, lime, soy sauce, fish sauce, rice vinegar, jalapeno. | | | |

