



Breakfast Options

- **Protein Packed Smoothie**

- 1 serving protein powder
- blueberries 1/4 cup
- strawberries 1/4 cup
- Almond or coconut milk
- ice/blend/serve

- **Overnight Oats**

- Plain Greek Yogurt 1/2 cup
- Rolled Oats 1/2 cup
- Blueberries 1/4 cup
- agave 2 tbsp
- cinnamon

- **Grains N Things**

- 2 Eggs
- Turkey Bacon 3 slices
- 1 slice of whole grain bread or 1/2 bagel
- sliced avocado (1/2)

SNACKS

- Greek Yogurt (1/2 cup) & fruit (1/2 cup)
- Nuts & seeds (1/4 cup) & fruit (1/2 cup)
- Bell peppers, carrots & hummus (1/4 cup)

Lunch/Dinner Options

- **Simple & Clean**

- Grilled Salmon 4-5oz
- Spring mix 2 cups
- tomato
- cucumber 1/2
- avocado 1/2
- balsamic vinaigrette

- **Power Bowl**

- Grilled Chicken 4-6oz
- Quinoa 1/2 cup
- Sweet potato 1/2
- Brussel sprouts

- **Wrap & Roll**

- turkey 4-6oz
- 1 whole grain tortilla wrap
- hummus 2 tbsp.
- mustard
- spinach
- tomato
- cucumber

- **Tex Mex Night**

- 93/7 Lean Ground Beef 4-6oz
- taco seasoning (unsalted)
- flour or corn tortillas 2
- peppers
- onions
- avocado 1/2
- salsa

- **Stir Fry Night**

- Grilled Shrimp
- jasmine rice (1/2 cup)
- zucchini squash
- snap peas
- broccoli

- **Steak & taters night**

- Filet or Sirloin 6-8oz
- baked potato or sweet potato
- asparagus