



Lunch/Dinner Options

- **Simple & Clean Greek Salad**

- Grilled chicken 4-5oz
- Spring mix 2 cups
- feta 1/4 cup
- chopped cherry tomato
- cucumber 1/2
- sliced red onion
- Kalamata olives
- red wine vinegar/olive oil/
lemon juice/oregano

- **Light lettuce wrap**

- low sodium turkey 4oz
- crunchy lettuce cups/wraps
- hummus 2 tbsp.
- mustard
- tomato
- cucumber
- lemon/ lime

- **Mex Chili Style (crockpot 30 min)**

- 93/7 Lean Ground Beef 4-6oz
- salt & unsalted spices (cumin, garlic, pepper etc.)
- black beans & kidney beans
1/2 cup
- olive oil & broil to crunchy
tortilla (throw in chili)
- 1 tbsp. sour cream
- shredded cheddar 2tbsp

- **Stuffed Power Peppers**

- Lean sliced/strip steak 4-6oz
- quinoa(1/4 cup)
- eggplant stripped zucchini
squash
- onion, garlic, tomato chopped
for bake
- sprinkled with ricotta
- salt, pep, unsalted spices for
flavor

Breakfast Options

- **Breakfast Burrito**

- 2 eggs
- 1 flour tortilla
- 1/4 cup black beans
- avocado (1/4)
- peppers/onions
- salsa

- **Chocolate Smothered**

Banana Nut Oats

- Plain Greek Yogurt 1/2 cup
- Rolled Oats 1/2 cup
- cocoa powdered (1 tsp)
- agave 2-3 tbsp.
- banana 1/2 sliced/diced

- **Nuts and Grains**

- 2 slice of whole grain/seeded/
protein packed bread
- Natural crunchy Peanut butter 2 tbsp.

SNACKS

- Chicken Avocado pin wheels
 - chopped boiled chicken, avocado
mash, salt pepper, onion, tomato,
cucumber, wrapped in 1 tortilla
- Nuts & seeds (1/4 cup) & fruit (1/2 cup)
- Bell peppers, carrots & hummus (1/4cup)
- Protein shake for fullness to prevent "the
late morning cravings"