



Breakfast Options

- **Reese Cup Smoothie**

- 1 serving protein powder
- Cocoa Powder (1/2 tsp.)
- Natural Peanut Butter (2 Tbsp)
- 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

- **Power Omelette**

- 2 Eggs
- mushrooms, peppers, onions, spinach (any extra veggies)
- salsa
- Cheese (1/4 shredded or measured)
- Avocado (1/2)

- **SNACKS**

- Cottage Cheese (1/2 cup) & Fruit (1/2 cup)
- 2 hard boiled eggs & Fruit (1/2 cup)
- Mix nuts (1/2 cup)
- Tuna and Crackers w/ hummus, mustard, guacamole- your choice

Lunch/Dinner Options

- **Simple & Clean Cucumber Salad**

- Cucumber sliced
- tomato sliced
- red onion sliced
- feta or mozz (1/4 cup)
- olive oil/lemon juice/salt
- pepper/ garlic
- grilled chicken 4-6oz

- **Spicy Wrap & Roll**

- Turkey OR Tuna 4-6 oz
- 1 whole grain wrap
- lettuce
- ranch or Blue Cheese (2-3 tbsp)
- Buffalo sauce (2-3 tbsp)
- spinach
- tomato
- cucumber

- **Chicken, Black Bean, Quinoa Crockpot -leftovers**

- Chicken Breast (6-8 oz)
- Canned Black Beans (1 cup)
- Quinoa (1 cup)
- Roasted tomato
- green chilis
- low sodium chicken stock
- carrots
- onion
- lime juice-to taste
- cumin, garlic, spice to taste

- **Burgers & Sweet Tater Fries**

- 93/7 lean ground beef
- lettuce
- tomato
- onion
- cheese 1 slice
- bbq sauce, or ketchup (1 tbsp)
- sliced sweet potato (toss in olive oil, & sea salt)- bake on 425 until crisp edges