



BREAKFAST OPTIONS

• Strawberry Banana

Smoothie

- 1 serving protein powder(vanilla) or Greek Yogurt
- Banana 1/2
- Strawberries 1/2 cup frozen
- Almond or coconut milk
- Vanilla extract
- Agave if needed
- ice/blend/serve

• Creamy Coffee Overnight

Oats

- Plain Greek Yogurt 1/2 cup or 1 Scoop Vanilla Protein
- Rolled Oats 1/2 cup
- Chia Seeds 2 Tbsp
- Flax 2 Tbsp
- Instant coffee 1 tsp
- Vanilla extract
- agave 2 tbsp
- Oat Milk for Creamier flavor
- Refrigerate!

• Breakfast Sandwich

- Scrambled eggs 2
- low sodium turkey bacon 3 slices
- toasted whole grain english muffin
- Cheddar or Swiss 1 slice

• Lemon Garlic Shrimp

- Peeled Shrimp 8oz-10oz
- Whole Grain Pasta 1.5 cups
- Olive Oil, Lemon, Paprika, Minced, Salt, Pepper, Parsley
- Mix up and refrigerate OR Heat it up

SNACKS

- Roasted Chick Peas
- Jerky (low sodium)
- Tuna and Cracker Kits (think less mayo, and healthy fats- Avocado

• Pinwheels

- whole grain tortilla
- sliced low sodium turkey
- any veggies you desire
- mustard
- Wrap , roll, cut into small pinwheels TOGO

LUNCH OPTIONS

• Asian Fusion Quinoa

TOGO

- Grilled Chicken or Tofu
- Quinoa cooked 1/2 cup
- Carrot 1/4 cup
- chopped cabbage 1/4 cup
- cilantro 2 tbsp
- almonds 1/4 cup
- Drizzle Spicy Mayo and Teriyaki

• Mediteranean Quinoa

Crush

- Garbanzo beans 1 cup
- Quinoa 1/2 cup
- sliced tomato, cucumber, olives, red onion, spinach
- Feta 1/4 cup
- lemon juice, olive oil -2 tbsp, salt, pepper, garlic powder mix tother
- shake it up in Tupperware and eat!

• Chicken Fajita Lunch Bowls

- Grilled Chicken cooked in no sodium taco seasoning
- Rice 1/2 cup
- yellow corn 1/4 cup
- Sliced Peppers 1/2
- Black beans 1/4 cup
- Lime drizzle

DINNER OPTIONS

• BBQ Chicken & Tater Salad

- Chicken Breasts (smother in seasonings: Avocado oil or Olive, smoked paprika, garlic powder, onion powder, and pepper, salt, BBQ sauce
- Bake on 375 for 30 min-flip at 15 min

• Potato Salad:

- Baby potatoes sliced
- Hardboiled sliced Eggs 2
- Sliced Radishes,English Cucumber, Green Onions, Fresh Dill

• Potato Salad Dressing:

- Greek Yogurt 1/4 cup
- Apple Cider Vinegar 1 tsp
- Dijon Mustard to taste
- Garlic Clove, Salt, Pepper

• Quick & Easy Pancetta

- Chicken Breast halves
- Thin Slices of Pancetta 8-10 draped over chicken
- Fresh Green Beans tossed in Olive Oil, Salt, Pepper
- Lemon Wedges
- Line Sheet Pan with Foil
- Bake all on Pan at 450 for 30+ min