



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Breakfast</i>	45g of plain oatmeal with 1/2 cup skim milk or water, add 1tsp honey, medium banana	A blended smoothie, a banana and berries With water, milk, protein?	Smoothie with strawberry and one banana	4 egg whites (use the carton or 3 egg whites and one whole egg on 2 slices of low carb bread or pita	Oats, skimmed milk and tsp honey	2 egg omelette with low fat cheese	4 scrambled egg whites or 3 whites and one whole Eve on 2 slices of low carb or pita toast; 1 grapefruit
<i>Snack</i>	Greek plain white yogurt Mix 1/4 blueberries and 1tsp honey	Yogurt, berries and honey	Tuna pack in a low carb pita or on one slice of low carb bread	Greek yogurt with berries and 1 tsp honey	Carrot/ celery sticks / cucumbers marinated with balsamic or apple cider vinegar.	Protein smoothie add banana and berries. 1 apple	Smoothie whey protein, skimmed milk, blueberries, blackberries and a banana.
<i>Lunch</i>	Grilled chicken breast on low carb pita or bread	A low carb pita sandwich with tuna (packed in water) add lettuce and avocado. No Mayo. Plain skimmed milk or unsweetened almond milk.	Chicken breast on 2 slices low carb bread	Smoothie blended with berries.	Packed tuna with avocado. Plain greek yogurt.	Tuna pack or sardines on one sliced of low carb bread	Packed or water can tuna, an avocado sandwich on low carb bread; 1 apple.
<i>Snack</i>	Whey isolate protein smoothie mixed with berries (blue, razz or black) make with water.	Unsalted mixed nuts, mix with dried raisins and cranberries	Banana	Low fat cottage cheese and fresh fruit to flavor.	Whey isolate protein smoothie mixed with berries and water	Carrots/celery and humus of your choice	Mixed unsalted nuts and low sugar fruit bar.
<i>Dinner</i>	120g lean protein (chicken, flank steak, ground turkey or fish). Stir fry veggies: broccoli, mushrooms, peppers any you like, Mrs Dash as a seasoning or a non MSG substitute	Chicken breast, avocado salad season with Mrs Dash	Fish (cod, tilapia, salmon), frozen spinach frozen (not canned) and grilled sliced tomatoes	8oz chicken or flank steak salad (spinach leaves, cherry tomatoes, cucumbers, with four new or red potatoes	Chicken breast with a low in sugar barbecue sauce. 1 cup brown or jasmine rice	Salmon, grilled Green beans & asparagus if you like it.	8 oz steak with 1 small white potato, frozen spinach (not canned), grilled tomato seasoning
<i>Snack</i>	Skimmed milk or Atkins protein drink	One sliced apple. 2 tbsp of peanut butter low sugar & dipping snack	Low fat cottage cheese with any fresh fruit	1 cup skimmed milk or unsweetened almond milk.	Cottage cheese and handful of grapes	1 cup skimmed milk	1 sliced apple, 2tbsp sugar free or low sugar peanut butter.



1800

Calorie Meal Plan

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