

## Week 1 Sample Meal Plan

### Day 1

#### **Breakfast**

1 slice of toast (sprouted or paleo)

¼ avocado

1 sliced hard boiled egg

Coffee or tea if you like

#### **Snack**

Tbsp. of almond butter and as much celery as you want

#### **Lunch**

Tossed mixed greens with lemon

6oz of chicken breast

½ cup veggies

¼ cup of fruit

#### **Snack**

1 cup plain nonfat or low fat greek yogurt

1/8 cup of berries

Cinnamon

#### **Dinner**

Quinoa bowl

1 cup of and veggies except potato

½ cup quinoa

6 oz ground turkey

## **Day 2**

### **Breakfast**

1/2 steel cut oats

½ cup blueberries

Almond milk or milk of your choice

### **Snack**

Rice cake almond butter

### **Lunch**

6oz chicken

1 cup Sweet potatoes and kale sautéed with tbsp. of olive or coconut oil

### **Snack**

Hard boiled egg

½ cup fruit

### **Dinner**

White fish with lemon and capers

½ cup of farro

Strawberry Salad (see recipe)

## **Day 3**

### **Breakfast**

Greek omlette (see recipe)

1 slice of toast

### **Snack**

¼ cup of nuts

### **Lunch**

Tossed southwest Ground Turkey Salad (see recipe)

### **Snack**

As many veggies as you want with 2 tbsp hummus

## **Dinner**

Green Lentil Veggie Soup (see recipe)

## **Day 4**

### **Breakfast**

3 Egg white omlette one whole egg with spinach

½ cup of steel cut oats

### **Snack**

Small apple and 2 tbsp of almond butter **Lunch**

Chopped Greek Chicken Salad(see recipe) **Snack**

1/2 cup low sodium cottage cheese

1/8 cup of fruit

### **Dinner**

1 cup veggie quinoa blend ( see recipe)

Baked salmon or alternate fish (see recipe)

## **Day 5**

### **Breakfast**

1 cup Greek or Icelandic yogurt

1/8 cup of berries

1/8 cup slivered almond

Cinnamon

### **Snack**

Hard boiled egg

**Lunch**

Turkey lettuce wraps(see recipe)

1/ cup brown rice

**Snack**

½ cup of low sodium cottage cheese

Chopped tomatoes with salt and pepper

**Dinner**

1 cup steamed broccoli and cauliflower then lightly sautéed with oil of your choice

½ cup of brown rice

Mediterranean chicken breast( see recipe) or season as you like

**Day 6**

Breakfast

1 slice of toast with hummus (sprouted or Paleo)

Topped with 1/4 avocado drizzled lemon juice

1 over easy egg

**Snack**

1/4 cup of nuts

**Lunch**

Farro Protein Bowl (see recipe)

**Snack**

½ cup cottage cheese or greek yogurt with cinnamon

**Dinner**

Chicken Stir Fry (see recipe)

½ cup brown rice

## **Day 7**

### **Breakfast**

1 cup steel cut oats bowl with

1tsp pure cocoa powder

½ cup of milk choice

Topped with 1/8 cup slivered almonds

### **Snack**

As many veggie as you want 2 tbsp hummus

### **Lunch**

Chicken breast and avocado sandwich (see recipe)

sprouted grains or paleo

### **Snack**

Small apple or ½ cup fruit

### **Dinner**

Eastern Turkey Bowl with quinoa(see recipe)