



BREAKFAST	SNACK	LUNCH	SNACK	DINNER
<p>3 egg whites 1 egg &amp; 1 cup of your favorite veggies omelet</p> <p>OR</p> <p>½ cup of No-sugar added oatmeal</p>	<p>100 calorie nut pack &amp; ½ apple</p>	<p>3 oz. of chicken breast, turkey breast, or fish &amp; ¼ cup quinoa or whole grain brown rice &amp; greens (sub ¼ cup black beans Vegan meal plan)</p>	<p>1 cup of your favorite veggies, sliced and 2-3 TBSP low fat hummus</p>	<p>3 oz. of chicken breast, turkey breast, or fish &amp; non-starchy veggies stir-fry (sub 1 oz of nuts or seeds Vegan meal plan)</p>