



BREAKFAST OPTIONS

****All meals are 320 calories or less****

*OATMEAL w/ PROTEIN 307 cal

2/3 cup cooked oatmeal, prepared with water

1 scoop of protein powder

½ cup of berries

1 ½ T. Chopped walnuts

Splash of skim, almond or soy milk

*PROTEIN SMOOTHIE 306 cal

1 ½ scoops protein powder

½ cup berries

1 cup skim, almond or soy milk

OR

1 scoop protein powder

½ cup greek yogurt (flavored or plain)

1/4-1/2 cup water

½ banana

2 T. Powdered peanut butter (optional)

VEGGIE OMELET 301 cal

2 Whole eggs

*FRUIT & COTTAGE CHEESE 293 cal

1 cup cottage cheese, 1% milk fat (14g protein)

1 cup mixed fruit

½ cup whole grain cereal

EGG WHITE BREAKFAST WRAP 293 cal

4 egg whites

1 whole grain tortilla

½ cup part skim mozzarella cheese

2 slices tomato

½ cup melon

PEANUT BUTTER TOAST 260 cal

1 slice of whole grain toast

1 T. all natural peanut or almond butter

½ cup cottage cheese

CEREAL BOWL 299 cal

1 cup whole grain cereal

2 egg whites

Mushrooms & onions to taste

1 slice whole grain toast

1T. all fruit preserves

MEXICAN STYLE EGGS 301 cal

2 large eggs

1 whole grain tortilla

½ cup low fat cheddar cheese, shredded

½ cup fruit

Scramble eggs, pile on tortilla, sprinkle with cheese

YOGURT BOWL 299 cal

1 cup non fat plain greek yogurt, flavored or plain (18 G Protein)

1 apple, diced

1 t. honey, Cinnamon to taste

PROTEIN OMELET 298 cal

1 whole egg

3 egg whites

2 oz deli style turkey

1 cup of melon

1 slice whole grain bread

SCRAMBLED EGGS & COTTAGE CHEESE 199

2 whole eggs

1 cup cottage cheese

Scramble eggs, once they are cooked, combine

Eggs and cottage cheese, heat through.

1 T. flaxseeds

2/3 cup skim, almond, or soy milk

PROTEIN PANCAKE 313 cal

1 whole egg

2 egg whites

1 scoop whey protein powder

½ cup instant oatmeal

Combine ingredients with a few spoonfuls of water.

Mix well then cook on large pancake.

NUTRITION BAR 280 cal

1 nutrition bar

½ cup cottage cheese

Choose a bar with 200 or fewer calories, fewer than 25g

Of sugar and at least 10g of protein.

MEAT & CHEESE 275 cal

6 oz turkey breast, sliced

2 slice reduced fat cheese

sliced tomato

1 cup of tomato or vegetable juice

LUNCH OPTIONS

GRILLED CHICKEN SALAD 283 cal

3 oz. grilled chicken breast

3 cups mixed dark greens

½ apple, chopped

1 T. pecans, chopped

½ Cucumber, sliced

WHOLE WHEAT PASTA WITH VEGETABLES & CHEESE 304 cal

¾ cup whole wheat pasta or quinoa

1 cup mixed, steamed vegetables

1/3 cup feta or mozzarella cheese

TUNA W/ AVOCADO SALAD 320 cal

5oz. Tuna, packed in water

1/3 of an avocado, sliced

Squeeze of lime juice (optional)

Celery, chopped

Red or orange pepper, chopped

1 cup mixed greens

SHRIMP COCKTAIL PLATTER 286 cal

4 oz shrimp, boiled & cooled

2 T. cocktail sauce

Fresh lemon wedges

1 whole wheat dinner roll or 1 slice of whole wheat bread

1 cup mixed raw vegetables

SUSHI 311 cal

1 tuna or salmon roll, made w/brown rice if possible

Side salad of mixed greens

2 T. Asian ginger dressing

CHICKEN RANCH WRAP 307 cal

1 6-in whole grain tortilla

3 oz. grilled chicken breast

sliced tomato

Lettuce

1 T. Ranch dressing, low fat

Red bell pepper

Celery sticks

Eat pita with pepper & celery sticks

BROWN RICE BOWL 318 cal

½ cup cooked brown rice

2 oz. grilled chicken breast

1/3 cup corn

1/3 cup peas

MEAT WRAP 307 cal

4 oz lean roast beef or turkey

2 thin slices avocado

1 6-in whole grain tortilla or 1 slice of whole grain bread

Tomato, sliced

1 cup mixed berries

COLD CUT PLATTER 225 cal

2 oz. deli style turkey breast (check label)
1 oz. reduced fat swiss cheese
Whole grain crackers (120 calories worth)

PROTEIN PIZZA MUFFIN 313 cal

1 whole grain English muffin
¼ cup mozzarella cheese, part skim
¼ cup tomato sauce
2 oz. grilled chicken breast
1 cup of steamed broccoli

TURKEY CHILI

1 cup turkey or veggie chili (store bought or homemade)
1 cup Mixed greens
2 egg whites, hard-boiled (in the salad)
Red wine vinegar
1 tsp. olive oil

VEGGIE PLATTER 250 cal

20 Carrots
10 sticks of Celery
small bunch of Broccoli
Whole grain crackers (120 calories worth)
2 T. reduced fat salad dressing (80 calories)

COTTAGE CHEESE & FRUIT approx 200 cal

1 cup cottage cheese, 1% milk fat
1 cup melon or berries

ROTISSERIE CHICKEN & SALAD 314 cal

4 oz. chicken breast
Mixed greens
½ Apple, 2 baby Carrots & ½ cucumber, chopped
1 T. low fat dressing

BBQ CHICKEN SANDWICHES 275 cal

4 Chicken breasts
½ cup barbeque sauce, plus 4 T.
Hamburger buns
1 cup steamed veggies
Bake chicken w/ barbeque sauce at 375 degrees.
Shred chicken add 1 T. of sauce to each sandwich

Dinner Ideas

BAKED TILAPIA w/STEAMED VEGGIES

4 oz. tilapia
1 tsp. olive oil
2 T. seasoned bread crumbs
Salt & Pepper to taste
Steamed veggies of carrots, cauliflower & broccoli
Coat tilapia with olive oil, bread crumbs & pinch of salt
And pepper. Bake tilapia at 375 degrees for 12-15 min
Or until it flakes easily with a fork. Serve w/ veggies.
(tilapia can handle a lot of flavor so add your own spices
If you have favorites)

DINNER OMELET

1 whole egg
2 egg whites
¼ cup feta or mozzarella cheese
1 cup baby spinach
1 slice of whole wheat bread (optional)

GRILLED CHICKEN AND POTATOES

4 OZ Grilled Chicken
Roasted Potatoes (½ Cup)
1 Cup Broccoli or Veggie of Choice

SNACK IDEAS

- Apple with Peanut Butter or PB Powder (for lower fat)
- Cheese Stick OR Babybel with a piece of fruit
- Tuna salad with Crackers
- Veggies and Hummus
- Greek yogurt with or without cottage cheese (flavored low fat Chobani Greek yogurt is best)
- Chickpeas
- Healthy Trail Mix (try to make your own with dried fruit, nuts, dark chocolate)
- Low Sugar Jerky
- Celery and Peanut Butter
- ½ Cup Strawberries and 16 Almonds
- Yogurt with nuts and berries. Combine greek yogurt with 2 TBS nuts
- Baby Carrots with Hummus ¼ Cup Hummus and 1 Cup baby carrots
- Rice Cake with 1 TBSP PB or Almond Butter and smashed raspberries.
- 3 Mini Bell Peppers Stuffed with Cream Cheese and Everything Bagel Seasoning (Keto)
- Cucumber with Cream Cheese and Everything Bagel Seasoning (Keto)
- Hard Boiled Egg and Baby Carrots or Cucumbers
- Bars: Be sure to check the ingredients list. I like RX Bars, GoMacro, Built Bars and Quest Bars (not the best ingredients list but an ok option)

**Disclaimer: I am not a registered dietician. I recommend you seek medical advice prior to beginning any new workout program or follow any meal plan.*