

WEEK #3 MEAL PLAN

	MONDAY (Workout)	TUESDAY	WEDNESDAY (Workout)	THURSDAY	FRIDAY (Workout)	SATURDAY (Workout)	SUNDAY
PRE-WORKOUT SNACK	1/2 or full fruit		1/2 or full fruit		1/2 or full fruit	1/2 or full fruit	
BKFST	1/4 cup Steel Cut oats Sprinkle on cinnamon	Green Smoothie	Protein Shake w/ cup of fruit 1 Tbs. Flaxseed	Green Smoothie	Protein Shake w/ cup of fruit 1 Tbs. Flaxseed	2-3 eggs (2 egg whites) 1sl. Ezekiel Bread 1 Tbs. Almond butter	Veggie Omelet (1 egg, 2 egg whites) spinach, tomatoes, mushrooms 1/2 cup of fruit
SNACK	2 Tbs. Hummus 1-2 cups Carrots cauliflower/broccoli	1 apple 1/4 cup raw nuts	1/4 cup Cottage cheese 1/4 cup pineapple	1 apple 1/4 cup raw nuts	1 hard boiled egg	Plain greek yogurt 1/2 cup blueberries	2 Tbs. Hummus 1-2 cups of Vegetables
LUNCH	Egg Salad - 4 eggs (2 egg whites) 1 Tbs. Dijon mustard 1 tsp. Olive oil 1 sl Ezekiel bread 1/2 cup non-cream soup	3-4 oz. Turkey breast over 1-2 cups mixed greens & 1 cup other vegetables & lemon juice for dressing	3-4 oz. Lean meat 1/4 cup brown rice 1-2 cups Steamed veggies	Tuna salad- finely chopped 1 stalk celery, 1 stalk carrot, 1/4 red pepper & add tuna & Tbs. Olive oil over mixed greens & 2 sl. tomatoes	CHEAT MEAL	Chicken Breast 1-2 cups vegetables 1 sweet potato	3 stalks of celery 1 Tbs. Almond butter
SNACK	Plain greek yogurt 1/2 cup Berries	1 hard boiled egg 1/2 cup cherries	3 stalks of celery 1 Tbs. Almond butter	Protein bar	X	Protein bar	1 string cheese
DINNER	Chicken breast 1-2 cups vegetables	3 -4 oz. Fish - not fried 1-2 cups brussel sprouts	CHEAT MEAL	Chicken breast 1-2 cups Vegetables	3-4 oz. Lean cut meat & 1-2 cups Vegetables	CHEAT MEAL	Spaghetti Squash with your choice of veggies
NOTES	Optional: EFA before bed or 1/2 in the AM and 1/2 in the PM Water - 1/2 body weight in ounces everyday! No iceberg lettuce						