

	Day 1:	Day 2:	Day 3:
Meal 1: Breakfast	Omelette: 2 eggs, 1/2 cup spinach, 1/2 cup peppers and onion, 1 tsp olive oil 1 slice Whole Grain Toast 1 tsp Nut Butter	1/2 cup Cottage Cheese, lowfat 1 cup baby carrots 1/3 cup Steel Cut Oatmeal 1 tsp Nut Butter	2 Hardboiled eggs 1 cup Roasted zucchini 1 slice Whole grain toast 1 tsp Nut Butter
Meal 2: Snack #1	1/2 cup plain nonfat greek yogurt 1 cup of sliced berries 1 tsp honey 1 cup baby carrots	6 slices Nitrate-free deli meat Wrapped in lettuce 1 tsp Mayo 1 Apple	1/2 cup Cottage Cheese, lowfat 1 cup sliced berries 1 tsp honey 1 cup Sliced Cucumber
Meal 3: Lunch	6 oz. grilled chicken breast 1 cup Roasted zuchini 1/2 cup Roasted red potatoes w/ 1/4 cup melted cheese 1 cup Grapes 1 tsp olive oil	1 can Tuna (in water) 1 tsp Mayo 2 pickles, chopped 1 Pita 1 cup Celery 1 cup berries	6 oz. grilled chicken breast 1 cup Roasted zuchini 1/2 cup Roasted red potatoes w/ 1/4 cup melted cheese 1 cup Grapes 1 tsp olive oil
Meal 4: Snack #2	1 Whole Grain Tortilla 6 sliced Nitrate-free deli meat 1/2 cup Spinach 1 tsp Mayo	1 cup Sliced Cumber 1/2 cup Raw Broccoli 1/4 cup Hummus	1 Whole Grain Tortilla 6 sliced Nitrate-free deli meat 1/2 cup Spinach 1 tsp Mayo
Meal 5: Dinner	Greek Chicken Souvlaki Pitas* 1 cup steamed green beans	Cheesesteak Stuffed Peppers* OR Open face Cheesesteaks w/ Side Salad	Bacon Cheeseburger Skillet Pitas* 1 cup steamed broccoli