



## Sample Meal Plan

DAY	BREAKFAST	SNACK	LUNCH	DINNER
1	1-2 Scrambled eggs w Sautéed Onions/Mushrooms/Peppers	<a href="#">Sweet Green Smoothie</a>	Tuna Salad with Avocado Slices & Side of Fruit	Grilled Salmon & Sautéed Garlic Green Beans w Almond Slivers
2	<a href="#">Steel Cut Oatmeal</a> with Almonds & Drizzle of Honey	Fruit Kabobs (1/2 apple cubed & 1/2 cup grapes) Low-Sugar Protein Bar	Gluten-free Crackers (10) with <a href="#">Tabouleh</a> Veggie Sticks	<a href="#">Napa Cabbage Chicken Salad</a>
3	<a href="#">Berry Nutty Smoothie</a>	Sliced Bell Peppers, Baby Carrots with <a href="#">Hummus</a>	Leftover Salad & Apple Slices with Nut Butter	Grilled Chicken & Sautéed Veggie Quesadillas (1 Tortilla with filling) with <a href="#">Bean Relish</a>
4	Greek Yogurt & Fruit Parfait	<a href="#">Sweet Green Smoothie</a>	Chef Salad (Chicken, Boiled Egg, Avocado, Tomato, Small Amount Cheese)	<a href="#">Easy Beef &amp; Broccoli</a> with Brown Rice
5	<a href="#">Berry Nutty Smoothie</a>	Low-Sugar Protein Bar Apple Slices	Leftover Beef & Broccoli & Rice	<a href="#">Honey Garlic Chicken &amp; Veggies</a> in Crockpot
6	<a href="#">Steel Cut Oatmeal</a> with Almonds & Drizzle of Honey	Cucumber Slices & <a href="#">Hummus</a>	Leftover Crock Pot Meal	Grilled Chicken Tenderloins & <a href="#">Quinoa</a> Grilled Zucchini Slices
7	<a href="#">Berry Nutty Smoothie</a>	Handful Almonds & Apple Slices	Leftover Chicken, Quinoa & Veggies	Leftover Day