

Monday 8/1/2011

Meal # 1

Time: 8:00 AM
4-5 oz Protein hard boiled egg whites
1/4 C Fruit pear
1/2 C Veggies cucumbers
1/3 C Starch oatmeal
1 TBSP Fat coconut oil

Meal # 2

Time: 10:00 AM
4-5 oz Protein Whey Protein
1/4 C Fruit pineapple
1/2 C Veggies squash
1/3 C Starch quiona
Good Fat _____

Meal # 3

Time: 12:00 PM
4-5 oz Protein chicken
1/4 C Fruit apple
1/2 C Veggies spinach salad
1/3 C Starch brown rice
1 TBSP Fat almonds

Meal # 4

Time: 2:00 PM
4-5 oz Protein greek yogurt
1/4 C Fruit blueberries
1/2 C Veggies spinach salad
1/3 C Starch pumpkin

Meal # 5

Time: 4:00 PM
4-5 oz Protein Turkey
1/2 C Veggies carrots
1 TBSP Fat none

Meal # 6

Time: 8:00 PM
4-5 oz Protein Tilipia
1/2 C Veggies green beans
Good Fat Udo's Oil