

Meal # 1

Time:	<u>8:00 AM</u>
4 oz Protein	<u>egg whites-hard boiled</u>
1/4 C Fruit	<u>blueberries</u>
1/2- 1 C Veggies	<u>green beans</u>
1/4 C Starch	<u>oatmeal</u>
1 TBSP Good Fat	<u>Udo's Oil</u>

Meal # 2

Time:	<u>10:00 AM</u>
4 oz Protein	<u>cottage cheese</u>
1/4 C Fruit	<u>pineapple</u>
1/2- 1 C Veggies	<u>broccoli</u>
1/4 C Starch	<u>brown rice</u>

Meal # 3

Time:	<u>12:00 PM</u>
4 oz Protein	<u>chicken</u>
1/4 C Fruit	<u>raspberries</u>
1/2- 1 C Veggies	<u>cauliflower</u>
1/4 C Starch	<u>couscous</u>

Meal # 4

Time:	<u>2:00 PM</u>
4 oz Protein	<u>turkey</u>
1/2- 1 C Veggies	<u>blackberries</u>
1/4 C Starch	<u>squash</u>
1 TBSP Good Fat	<u>pumpkin</u>

Meal # 5

Time:	<u>4:00 PM</u>
4 oz Protein	<u>greek yogurt</u>
1/2 -1 C Veggies	<u>zucchini</u>

Meal # 6

Time:	<u>8:00 PM</u>
4 oz Protein	<u>Whey protein</u>
1/2 -1 C Veggies	<u>carrots</u>
1 TBSP Good Fat	<u>coconut oil</u>