

Tuesday

8/9/2011

Meal # 1

Time: 8:00 AM
4 oz Protein egg whites-scrambled
1/4 C Fruit blueberries
1/2- 1 C Veggies green beans
1/3 C Starch oatmeal
1 TBSP Good Fat coconut oil

Meal # 2

Time: 10:00 AM
4 oz Protein egg whites-scrambled
1/4 C Fruit blackberries
1/2- 1 C Veggies green beans
1/3 C Starch shred wheat
1 TBSP Good Fat none

Meal # 3

Time: 12:00 PM
4 oz Protein Tilipia
1/4 C Fruit apple
1/2- 1 C Veggies broccoli/cauliflower
1/3 C Starch pumpkin
1 TBSP Good Fat none

Meal # 4

Time: 2:00 PM
4 oz Protein Whey Protein
1/4 C Fruit pinapple
1/2- 1 C Veggies squash
1/3 C Starch brown rice
1 TBSP Good Fat Udo's Oil

Meal # 5

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

Meal # 6

Time: 8:00 PM
4 oz Protein Chicken
1/2 -1 C Veggies Asparagus
1 TBSP Good Fat none