

Thursday 9/8/11

Meal # 1

Time:	<u>8:00 AM</u>
4-5 oz Protein	<u>4 oz egg whites</u>
1/4 C Fruit	<u>apple</u>
1/2 C Veggies	<u>green beans</u>
1/4 C Starch	<u>couscous</u>
1 TBSP Fat	<u>coconut oil</u>

Meal # 2

Time:	<u>10:00 AM</u>
4-5 oz Protein	<u>Cottage Cheese</u>
1/4 C Fruit	<u>grapefruit</u>
1/2 C Veggies	<u>Cauliflower</u>
1/4 C Starch	<u>kidney beans</u>

Meal # 3

Time:	<u>12:00 PM</u>
4-5 oz Protein	<u>5 oz Chicken</u>
1/4 C Fruit	<u>blueberries</u>
1/2 C Veggies	<u>zucchini & squash</u>
1/4 C Starch	<u>canned pumpkin</u>
1 TBSP Fat	<u>Udo's Oil</u>

Meal # 4

Time:	<u>2:00 PM</u>
4-5 oz Protein	<u>4 oz Turkey</u>
1/2 C Veggies	<u>asparagus</u>
1/3 C Starch	<u>shred Wheat</u>

Meal # 5

Time:	<u>4:00 PM</u>
4-5 oz Protein	<u>Whey Protein</u>
1/2 C Veggies	<u>Zuchinni</u>

Meal # 6

Time:	<u>8:30 PM</u>
4-5 oz Protein	<u>Tilapia</u>
1/2 C Veggies	<u>Brussel Sprouts</u>