

Meal Ideas

Breakfast

- Plain Greek yogurt with 1/4 c. berries, breakfast sausage or any other breakfast meat
- Peanut Butter Banana Protein Smoothie (6 oz. unsweetened almond milk, 1 tbsp. peanut butter, ½ banana, 1 scoop protein powder, handful of spinach, ice)
- Egg, Veggie and Cheese Scramble and ½ c. fruit
- ½ c. oats mixed with 1 scoop protein powder, topped with 1/4. c. blueberries
- Plain oatmeal with 1 Tbsp. nut butter mixed in, 1/2 banana, hard boiled egg
- Scrambled eggs, English muffin with nut butter, orange
- Cottage cheese and berries
- Breakfast burrito- whole wheat tortilla, scrambled eggs, veggies, cheese
- Fruit smoothie with protein
- Whole wheat toast with peanut butter and banana, hard boiled egg
- Low-sugar yogurt topped with nuts and piece of fruit
- Homemade egg sandwich and fruit
- Crab and veggie omelet, toast, orange

Lunch

- Large salad with protein, apple with 1 tbsp. peanut butter
- Leftovers from dinner, fruit of choice
- Low-carb tortilla with sliced turkey or ham, mustard, cheddar cheese and thinly sliced apple
- ½ turkey, ham, roast beef sandwich, green salad, apple
- Hummus and veggie wrap, fruit salad
- Turkey or lean roast beef on whole wheat bread, side salad with low-sugar dressing
- Chicken salad made with greek yogurt over a plate of greens, raw vegetables and hummus, apple
- Low-sodium soup, crackers, steamed veggies, low-sugar yogurt
- Low-sodium chili, baked potato, broccoli
- Tuna salad served in lettuce cups, raw vegetables, fruit
- Chicken and veggie stir fry
- Salad with any veggies, turkey, feta cheese, olive oil and balsamic vinegar
- Veggie burger or turkey burger on a whole wheat thin, apple

Dinner

- Turkey, salmon or beef burger, green vegetable, small sweet potato
- Fish tacos on corn tortillas, green salad
- Shrimp or chicken stir-fry with vegetables, ¼- ½ c. rice
- Taco Salad (ground meat, sautéed peppers and onions, cheese, salsa)
- Soup (with protein) and large green salad
- Meatballs or sausage with zucchini noodles, sautéed peppers and onions and pasta sauce

- Grilled chicken, brown rice, and steamed vegetables
- Whole wheat pasta with lean hamburger and marinara sauce and veggies, salad
- Baked salmon, couscous, steamed veggies
- Grilled top sirloin, sweet potato, salad
- Shrimp and vegetable stir fry
- Pork loin, broccoli, mashed sweet potatoes
- Cobb salad, whole wheat roll, fruit
- Scallops, 1/4-1/2 c. whole wheat pasta, red peppers, mushrooms, with olive oil and lemon

Snacks

- Handful of almonds and piece of fruit
- Hummus and raw veggies
- 4-6 oz. Greek yogurt with ½ c. berries
- Brown rice cake with nut butter
- Protein Bar (I like Oatmega, Think Thin or Power Crunch)
- Protein shake
- ½ c. cottage cheese with cucumbers and tomatoes
- String cheese, piece of fruit
- Raw almonds, apple
- Banana, 1 tbsp. peanut butter
- Rice cakes with nut butter
- Dried fruit, nuts and seeds
- Beef jerky, piece of fruit
- Protein smoothie
- Cottage cheese and fruit

After Dinner Sweets/Treats

- 1 oz. dark chocolate
- 1 tbsp. peanut butter with 1 tbsp. chocolate chips
- Low sugar hot cocoa or *Craving Cocoa* (Take 1-2 TB unsweetened cocoa powder, add hot water, sweeten with stevia)
- Tea (my favorite brand: Yogi Bedtime Tea)
- Halo Top Ice Cream