

Chicken & Beef

OPTION 1

	DAY 1	DAY 2	DAY 3
Morning	BREAKFAST (OPTIONAL) <u>Egg Muffins</u> with fresh sliced Tomatoes	<u>Warm Apple Berry Quinoa Porridge</u>	Scrambled eggs with spinach, fresh sliced tomatoes
	SNACK Apples, oranges, grapefruit, strawberries, or blueberries		
Afternoon	LUNCH <u>Mason Jar Salad</u> with rotisserie chicken	<u>Mason Jar Salad</u> with hard-boiled eggs	<u>Mason Jar Salad</u> with cottage cheese
	SNACK Apples, oranges, grapefruit, strawberries, or blueberries		
Evening	DINNER <u>Burger on lettuce wrap</u> with onion/tomato and green beans	Rotisserie chicken, <u>Marinated Tomatoes &</u> roasted vegetables	Hamburger patty left over from Day 1's dinner, <u>Tried and True Salad</u>

Beverages

40 to 60 oz. of water each day.

Other:

Coffee, tea, sparkling water

High Activity Day

Add these foods to a meal or snack only on days when you are more active.

Activity Fuels:

almonds, avocado, chia Seeds, cottage cheese, eggs, hemp seeds, quinoa, sweet potato, walnuts