

# Vegetarian

## OPTION 2

	DAY 1	DAY 2	DAY 3
Morning	<b>BREAKFAST (OPTIONAL)</b> <u>Egg Muffins</u> , fresh sliced tomatoes	<u>Warm Apple Berry Quinoa Porridge</u>	<u>Chia Seed Pudding</u> with strawberries and blueberries
	<b>SNACK</b> Apples, oranges, grapefruit, strawberries, or blueberries		
Afternoon	<b>LUNCH</b> <u>Mason Jar Salad</u> with hemp seeds	<u>Mason Jar Salad</u> with hard boiled eggs	<u>Mason Jar Salad</u> with quinoa
	<b>SNACK</b> Apples, oranges, grapefruit, strawberries, or blueberries		
Evening	<b>DINNER</b> <u>Marinara Sauce</u> , pan-roasted tempeh, zucchini, peppers and onions, with side salad	<u>Betr Tofu Shakshuka</u> with side salad	<u>Veggie Frittata</u> with <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