

Chicken & Beef

OPTION 2

| | DAY 1 | DAY 2 | DAY 3 |
|-----------|--|---|---|
| Morning | BREAKFAST (OPTIONAL) <u>Egg Muffins</u> with fresh sliced tomatoes | <u>Chia Seed Pudding</u> with strawberries and blueberries | <u>Veggie Omelet</u> with fresh sliced tomatoes |
| | SNACK Apples, oranges, grapefruit, strawberries, or blueberries | | |
| Afternoon | LUNCH <u>Mason Jar Salad</u> with <u>Betr Grilled Chicken</u> | <u>5 Ingredient Egg Salad</u> on a bed of spinach | <u>Mason Jar Salad</u> with <u>Lemon Dill</u> or <u>Curry Chicken Salad</u> |
| | SNACK Apples, oranges, grapefruit, strawberries, or blueberries | | |
| Evening | DINNER <u>Beef Chili</u> with a side salad | <u>Orange Ginger Chicken</u> , steamed asparagus, cucumbers, red bell peppers | <u>Beef Chili</u> in a lettuce wrap, with a side salad |

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