

Chicken & Beef

OPTION 3

	DAY 1	DAY 2	DAY 3
Morning	BREAKFAST (OPTIONAL) Cottage cheese with strawberries	<u>Egg Muffins</u> , fresh sliced tomatoes	<u>Veggie Frittata</u> on a bed of raw Spinach
	SNACK Apples, oranges, grapefruit, strawberries, or blueberries		
Afternoon	LUNCH <u>Betr Grilled Chicken</u> with <u>Doc's Salad</u>	<u>One Pan Chicken Fajitas</u> with <u>Marinated Tomatoes</u>	<u>Betr Caprese Salad</u>
	SNACK Apples, oranges, grapefruit, strawberries, or blueberries		
Evening	DINNER <u>Beef Crockpot Stew</u> with <u>Tried and True Salad</u>	<u>Mega Veggie Thin Crust Pizza</u> with <u>Doc's Salad</u>	<u>Betr Grilled Chicken</u> , roasted asparagus, <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