

Chicken & Seafood

OPTION 1

	DAY 1	DAY 2	DAY 3
Morning	BREAKFAST (OPTIONAL) Egg Muffins with fresh sliced Tomatoes	Warm Apple Berry Quinoa Porridge	Scrambled eggs with spinach, fresh sliced tomatoes
	SNACK Apples, oranges, grapefruit, strawberries, or blueberries		
Afternoon	LUNCH Mason Jar Salad with chickpeas or shelled edamame	Mason Jar Salad with rotisserie chicken	Mason Jar Salad with Shrimp Ceviche (use shrimp left over from Day 2's dinner)
	SNACK Apples, oranges, grapefruit, strawberries, or blueberries		
Evening	DINNER Rotisserie Chicken, roasted asparagus, <u>Marinated Tomatoes</u>	<u>Grilled Shrimp and Veggie Skewers</u> , side salad	<u>One Pan Chicken Fajitas</u> in lettuce wraps and green beans

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