

Chicken & Seafood

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>Lemon Dill Chicken Salad</u>	<u>Mason Jar Salad</u> , leftover Shrimp stir-fry (cold on salad or warmed)	<u>Mason Jar Salad</u> with <u>Egg Salad</u>
	SNACK Apples, oranges, grapefruit, strawberries, or blueberries		
Evening	DINNER <u>Shrimp and Asparagus Stir-Fry</u> , <u>Asian Cucumber Salad</u>	<u>Instant Pot Chicken Cacciatore</u> , green beans, <u>Tried and True Salad</u>	<u>Orange Ginger Chicken</u> , roasted veggies, fresh sliced Tomatoes

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