

# Chicken, Beef & Seafood

## OPTION 1

	DAY 1	DAY 2	DAY 3
Morning	<b>BREAKFAST (OPTIONAL)</b> Cottage cheese with strawberries	<u>Egg Muffins</u> , fresh sliced tomatoes	<u>Veggie Frittata</u> on a bed of raw Spinach
	<b>SNACK</b> Apples, oranges, grapefruit, strawberries, or blueberries		
Afternoon	<b>LUNCH</b> <u>Mason Jar Salad</u> with rotisserie chicken	<u>Mason Jar Salad</u> with Beef (use leftover beef patty)	<u>Shrimp Ceviche</u> with a side salad
	<b>SNACK</b> Apples, oranges, grapefruit, strawberries, or blueberries		
Evening	<b>DINNER</b> <u>Burger on lettuce wrap</u> with onion/tomato, green beans, or side salad	<u>Grilled Shrimp &amp; Veggie Skewers</u> with side salad	<u>One Pan Chicken Fajitas</u> served in a lettuce wrap or 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