

Chicken, Beef & Seafood

OPTION 2

	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 Lemon Dill Chicken Salad (can use rotisserie Chicken)	Doc's Salad mixed with rotisserie chicken; served in a lettuce wrap	Hamburger Lettuce Wrap with green beans or side salad
	SNACK Apples, oranges, grapefruit, strawberries, or blueberries		
Evening	DINNER Betr Meatballs on Zoodles with side salad	Baked Cod with side salad or sautéed Zucchini	Lemon Mustard Chicken with 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