

What's cooking...



MONDAY

breakfast

Two eggs any style, whole grain toast w/ butter, ½ avocado, ½ grapefruit

lunch

Mixed greens salad, chicken or steak, other veggies, vinaigrette style dressing

snack

Lowfat cottage cheese, diced pears, pecans or walnuts

dinner

Crockpot Tuscan Chicken Stew (R)

workout

TUESDAY

breakfast

Pumpkin Smoothie (R)

lunch

Leftovers of Tuscan Chicken Stew (R)

snack

Hard boiled egg, large handful mixed veggies, 2 Tbsp hummus

dinner

Fajitas with all the fixins' (R)

workout

WEDNESDAY

breakfast

Yogurt Berry Bowl (R)

lunch

Fajita leftovers or mixed plate w/ raw veggies, hummus, mixed nuts, hard-boiled egg, whole pear

snack

Whole banana, 2 Tbsp nut butter

dinner

Chili Rubbed Salmon w/ avocado salsa (R)

workout

THURSDAY

breakfast

Two eggs any style, whole grain toast w/ butter, ½ avocado, ½ grapefruit

lunch

Mixed greens salad, chicken or steak, other veggies. vinaigrette style dressing

snack

Lowfat cottage cheese, diced pears, pecans or walnuts

dinner

Sweet Potato Hash (R)

workout

FRIDAY

breakfast

Pumpkin Smoothie (R) or smoothie of choice

lunch

Broccoli Quinoa Chicken Salad (R)

snack

Hard boiled egg, large handful mixed veggies, 2 Tbsp hummus

dinner

Whatever you want!

workout

SATURDAY

breakfast

Two egg omelet w/ bacon, tomatoes, green onions, ½ grapefruit

lunch

Leftover of Broccoli Quinoa Chicken Salad

snack

Whole banana, 2 Tbsp nut butter

dinner

Whatever you want!

workout

SUNDAY

breakfast

Whatever you want!

lunch

Mixed plate w/ raw veggies, hummus, mixed nuts, hard-boiled egg, whole pear

snack

Smoothie of your choice

dinner

Crockpot Lentil Soup (R)

workout