



## WEEK 2 MEAL PLAN

|                      | MONDAY<br>Workout  | TUESDAY<br>Workout  | WEDNESDAY  | THURSDAY<br>Workout                             | FRIDAY                           | SATURDAY<br>Workout@Home                                      | SUNDAY  |
|----------------------|--|---|--|---|----------------------------------|---|---|
| Pre-Workout<br>Snack | ½ or whole banana  |   | ½ or whole banana  |   | ½ or whole banana                | 1 pear  |   |
| Breakfast            | Scrambled eggs<br>1egg& 2 egg whites<br>1 sl. Ezekiel bread  | Green Smoothie  | ½ cup Steel Cut Oats<br>Sprinkle of cinnamon<br>1 cup fruit            | Green Smoothie                                  | <b>T</b>                         | ½ cup Steel Cut Oats<br>cinnamon                              | Veggie Omelet<br>(1 egg, 2 egg whites)<br>spinach, tomatoes, mushrooms,<br>½ cup of fruit |
| Snack                | 8 oz. Greek plain yogurt<br>½ cup blueberries  | 1 hard boiled egg<br>½ cup cherries   | 3 stalks of celery<br>1 tbs. almond butter or natural peanut butter    | water   | <b>R</b><br><b>E</b><br><b>A</b> | 1 apple<br>¼ cup raw nuts                                     | 1 tbs. hummus,<br>1-2 cups carrots/celery/cucumbers                                       |
| Lunch                | 1-2 mix salad<br>1 cup veggies<br>1 string cheese<br>1 tbs. dressing   | 3-4 oz. chicken breast<br>1-2 cups mix greens<br>1 cup other veggies<br>1 tbs. dressing | Tuna sandwich w/ tomato slice<br>Spinach leaves<br>2 sl. Ezekiel bread | 1-2 cups of vegetables<br>1 cup of fruit        | <b>T</b><br><b>D</b>             | Green Smoothie  | Protein shake with water  |
| Snack                | 2tbs. hummus,<br>1-2 cups carrots,celery, cucumbers  | ¼ cup raw nuts  | ½ cup cottage cheese   | Water   | <b>A</b><br><b>Y</b>             | 1 hard boiled egg   | 1 apple<br>¼ cup raw nuts   |
| Dinner               | 3-4 oz. fish – not fried<br>1 sweet potato<br>1 cup steamed broccoli   | 3-4 oz. Turkey Breast<br>1-2 cups of steamed vegetables                                 | Protein shake with water   | Lettuce wrap w/ 1-2 cups veggies<br>lemon juice | <b>!</b>                         | 3-4 oz. lean meat<br>1-2 cups steamed veggies<br>½ cup Quinoa | 3-4 oz. chicken breast<br>1-2 cups asparagus  |
| NOTES                | Optional: EFA before bed or ½ in the AM and ½ in the PM<br>Water – ½ body weight in ounces everyday!<br>No iceberg lettuce |   |  |   |                                  |   |   |