

-Breakfast-

Morning Star Breakfast Sausage (1) **80 Calories**

Turkey Bacon(1) **20 calories**

Eggs(1) **70 Calories**

Vans Waffles(2) **230 Calories**

Egg whites(1/4 cup) **30 Calories**

Ezekiel (1) **80 Calories** → Refrigerated - King Soopers (orange bag)

Jennie-O Sausage (1) **65 Calories**

Oatmeal(1/2 cup) **150 Calories**

Banana(1) **108 Calories**

Apple(1) **100 Calories**

Peanut Butter(2 TBS) **200 Calories**

Whey protein(1 Scoop) **110 Calories**

Almond Milk(1 Cup) **45 Calories**

-Snacks-

Apple(1) **100 Calories**

Banana(1) **108 Calories**

Peanut Butter(2 TBS) **200 Calories**

2% Cottage Cheese(1/2 Cup) **100 Calories**

MaryL's Gone Crackers(13 Crackers) **140 Calories**

Almonds/Mixed Nuts(1 oz) **160 Calories**

Whey Protein(1 Scoop) **110 Calories**

1/2 oz Dark Chocolate(1/2 oz) **90 Calories**

Hard-Boiled Egg (1) **70 Calories**

Beef/Turkey Jerky (1 oz) **115 Calories**

Swiss Cheese(1) **90 Calories**

Turkey(4oz) **190 Calories**

-Lunch- Add Favorite Veggies to Meal!!

Chicken(4 oz) **120 Calories**

White Fish(4 oz) **145 Calories**

Salmon(4 oz) **205 Calories**

Steak(3 oz) **180 Calories**

Turkey(4 oz) **190 Calories**

Brown Rice(1/2 Cup) **108 Calories**

Sweet potato(100 grams) **90 Calories**

Quinoa(1/2 Cup) **111 Calories**

Avocado/Guacamole(1 oz) **45 Calories**

Swiss Cheese(1 oz) **90 Calories**

Almonds(1 oz) **160 Calories**

Ezekiel Bread(1 Slice) **80 Calories**

Ezekiel Pita(1 Pita) **100 Calories**

Bison(4 oz) **200 Calories**

Popcorn(1 oz) **120 Calories**

Chicken Sausage(1) **120 Calories**

Olive Oil/Vinegar(1oz) **119 Calories**

Snack

-Dinner- No Carbs Unless Active/ Add Veggies

Chicken(4 oz) **120 Calories**

White Fish(4 oz) **145 Calories**

Salmon(4 oz) **204 Calories**

Steak(3oz) **180 Calories**

Turkey(4 oz) **190 Calories**

Egg(1) **70 Calories**

Turkey Bacon(1) **20 Calories**

Chicken Sausage(1) **120 Calories**

Almonds/Mixed Nuts(1 oz) **160 Calories**

Avocado/Guacamole(1oz) **45 Calories**

Swiss Cheese(1) **90 Calories**

Directions-For each meal, pick from food choices to add up total calories allowed for that meal. For each meal you must pick at least one protein source. You can pick more than one of each food choice if desired.

Drink at least 64 oz water per day.

Condiments allowed- Heinz low-sugar Ketchup, Mustard, Hot Sauce, Vinegar, Worcestershire sauce.