

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Protein Drink	Protein Drink	Lean Cuisine English Muffin (220 cal, 15 g protein)	Protein Drink	Protein Drink	Protein Drink	Smart Ones Ham and Cheese Scramble (210 cal, 22 g protein)
Snack				Raw cherry tomatoes		Cucumber spears	
Lunch	Protein Drink	<ul style="list-style-type: none"> Smart Ones Slow Roasted Turkey Breast (210 cal, 22 g protein) Raw baby carrots 	Protein Drink	Protein Drink	Protein Drink	Healthy Choice Cajun Style Chicken and Shrimp (250 cal, 15 g protein)	Protein Drink
Snack		Protein Drink	Protein Drink	Protein Drink		Protein Drink	Protein Drink
Dinner	<ul style="list-style-type: none"> Lean Cuisine Chicken Marsala (250 cal, 17 g protein) 1 cup cooked broccoli 	Protein Drink	<ul style="list-style-type: none"> Protein Drink 1 c lettuce plus chopped vegetables 	Lean Cuisine Salmon with Basil (250 cal, 19 g protein)	Healthy Choice Lasagna with Meat Sauce (270 cal, 18 g protein)	<ul style="list-style-type: none"> Protein Drink 1 c cooked green beans (cooked vegetable) 	Protein Drink
Snack	Protein Drink				Protein Drink	Protein Drink	Raw bell pepper

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Protein Drink	½ c oatmeal (starch) 2 TBS raisins (fruit) ½ c skim milk (dairy)	1 slice toast (starch) 1 egg (1 protein)	Protein Drink	4oz non fat yogurt (dairy) 1 peach (fruit)	Protein Drink	Protein Drink
Snack	4 oz yogurt (dairy)	Protein Drink	Protein Drink	Protein Drink	Protein Drink	Medium pear (fruit)	
Lunch	Protein Drink	1 c chopped vegetables plus lettuce (unlimited raw vegetable) 2oz tuna fish (2 protein) 1 TBS low fat mayonnaise (fat)	4oz yogurt (dairy) 1-4" banana (fruit)	1 oz cheese (1 protein) 1 c vegetable salad raw (unlimited raw veg) 1 tsp salad dressing (fat) 1 medium apple (fruit)	Protein Drink	1 c raw vegetables plus lettuce (unlimited raw vegetables) 4oz non fat yogurt (dairy) 1 TBS light salad dressing (fat)	Protein Drink
Snack	Peach (fruit)	Protein Drink	Protein Drink	Protein Drink		Protein Drink	Protein Drink
Dinner	<ul style="list-style-type: none"> • 4oz Baked Chicken (4 protein) • ½ c. Sweet Potato (starch) • 1c Broccoli (cooked veg) • Lettuce with 1c raw vegetables plus lettuce (unlimited raw vegetable) • 1tsp regular salad dressing (fat) 	Protein Drink	3 oz Baked Salmon (3 protein) 1 c cooked Cauliflower (cooked vegetable) 1 c vegetable salad (unlimited raw vegetable) 1 tsp salad dressing (fat)	3 oz Pork Loin (3 protein) ½ c roasted potato (starch) ½ c cooked spinach (cooked vegetable)	4 oz Turkey (4 protein) ½ c corn (starch) ½ c cooked asparagus (cooked vegetable) 1 tsp margarine (fat)	4 oz baked Walleye (4 protein) ½ c rice (starch) 1 c cooked green beans (cooked vegetable)	4 oz baked Ham (4 protein) 1 small baked potato (starch) 1 tsp margarine (fat) 1 c broccoli (cooked vegetable)
Snack	Protein Drink	1 c cooked broccoli (cooked vegetable) 2 oz low fat cheese (2 protein)	Protein Drink	4 oz skim milk (dairy)	Protein Drink	Protein Drink	4 oz non fat yogurt (dairy) ½ c canned pineapple (fruit)