

Nutrition schedule for Normalweight people

Breakfast:	<ul style="list-style-type: none">• Protein source: Eggs, Greek yogurt, or nut butter on whole grain toast• Complex carbs: Oatmeal or whole grain cereal• Fruit: Berries, banana or apple
Mid-Morning Snack:	<ul style="list-style-type: none">• Handful of nuts or a piece of fruit• Whole grain crackers with hummus or cheese
Lunch:	<ul style="list-style-type: none">• Lean protein: Grilled chicken, fish, tofu or legumes• Complex carbs: Brown rice, quinoa, or whole grain wraps/bread• Vegetables: Salad or cooked veggies
Afternoon Snack:	<ul style="list-style-type: none">• Greek yogurt with honey and berries• Veggie sticks with hummus
Dinner :	<ul style="list-style-type: none">• Protein: Similar options as lunch• Complex carbs: Sweet potatoes, whole grain pasta, or couscous• Healthy fats: Olive oil dressing for salads or avocado as a side
Evening Snack :	<ul style="list-style-type: none">• Cottage cheese with sliced fruit• Air-popped popcorn or a small handful of nuts