

TestRxMD 30 Day Meal Plan

Day 1

Breakfast

- Oatmeal (1 cup)
- Fruit Smoothie (1 glass)

Lunch

- Grilled Chicken Breast (3 ounces)
- Green Salad with Olive Oil and Lemon Juice (2 cups)

Snack

- Trail Mix (1/4 cup)
- Yogurt Parfait (1 cup)

Dinner

- Salmon Fillet (4 ounces)
- Steamed Vegetables with Garlic and Olive Oil (2 cups)