

TIME OF DAY	MEAL OPTION # 1	MEAL OPTION # 2	MEAL OPTION # 3
Breakfast	240 ml (1 cup) of 2% Milk added to 1 cup of uncooked oatmeal. With 1 banana + 1 tbs of a nut butter.	8 oz glass of 100% Orange Juice + 3-egg omelet containing onions, mushrooms, red/green bell peppers, and 1/4 cup of grated cheese.	12 oz Almond Milk Smoothie with 1 cup of plain greek yogurt, 1 cup of mixed berries, 1 cup of spinach + 1 tbs of any nut butter.
Snack # 1	¼ cup of dried berries of your choice (ie. cranberries, cherries), ¼ cup of some nuts, and 1 serving of Greek yogurt	2 scoops of Whey/Vega Protein Shake (drink within 45 mins after you work out for muscle gains)	1 medium sized Banana + 1 tbs of any Nut Butter
Lunch	6-ounce lean burger meat on a whole-wheat bun with lettuce, onions and a slice of tomato. Plus 1 cup of homemade sweet potato fries.	8-oz chicken breast, 1 sweet potato, 3/4 cup of green beans, and 1 oz of nuts.	1 cup of whole wheat or chickpea pasta with 3/4 cup of tomato sauce + 4 oz of ground turkey and 1 med sized breadstick with 1 tablespoon of ghee.
Snack # 2	½ cup of roasted chickpeas.	2 pieces of string cheese along with 1 granola bar and 1 type of fruit (like a small apple).	Whey/Vega Protein Shake (drink within 45 mins after you work out for muscle gains).
Dinner	4-6 oz of salmon with 1 cup of red/brown rice and your choice of greens.	12-inch sub containing meat, 1 slice of cheese, and veggies + 2 tbs of hummus and apple slices on the side.	6-oz chicken or turkey breast, 1/2 cup quinoa, and ½ cup of baby carrots or sugar snap peas plus ½ cup of cottage cheese on the side.
Snack # 3	1 cup of red grapes.	½ of trail mix.	1 cup of strawberries and a handful of