Saturday

* 2 bigger fat free Icelandic yogurts from trader joes (forget the game)
* 1 can trader joes black beans
* 2/3 a can trader joes kidney beans
* 1/3 a pound of 99 percent fat free Turkey
* 4 pieces Trader Joes Fat Free sourdough bread
* 4 oz Applegate oven roasted turkey breast
* 2 tbsp mustard, fat free Dijon
* ½ cup Jelly Beans
* 25 grams protein powder

Sunday:

* 1 can trader joes black beans
* 2/3 a can trader joes kidney beans
* 1/3 a pound of 99 percent fat free Turkey
* 2 pieces Trader Joes Fat Free free sourdough bread
* 2 cups green yea
* 4 tbsp honey
* 1 cup peas
* 1 glass milk
* 25 grams protein powder

Monday:

* 1/3 pound chicken
* ½ green pepper
* ½ cup baby carrots
* 2 slices sourdough bread
* ½ red pepper
* 1 cup cooked rice
* 1 Trader Joes 99 percent fat free bean burrito
* 1 Siggis yogurt
* 37.5 grams protein powder
* 1/3 pound 99 percent fat free turkey
* 1 can trader joes black beans
* 2/3 a can trader joes kidney beans