

Breakfast	2 egg whites & 1 whole egg & 6 oz skim milk	1/3 cup oatmeal (before cooking)		(Fat contained with yolk and oatmeal)
Mid-Morning	1/2 cup low-fat yogurt <u>or</u> 8 oz Skim Milk. Add 1 scoop protein powder to either.	(lactose in yogurt or milk count as carbs)		1 tsp all-natural peanut butter
Lunch	3-4 oz chicken breast or turkey breast, <u>or</u> 4-5 oz fish	4 oz sweet potato	1 cup green vegetables - broccoli, spinach, green beans, or asparagus	1 tsp flax seed oil (plus fat contained in meat.)
Mid-Afternoon	3-4 oz can of Tuna <u>or</u> Chicken	1 slice whole grain bread <u>or</u> 1/2 cup pinto beans <u>or</u> 1 medium apple		1 tsp flax seed oil
Supper	4 oz of chicken breast <u>or</u> turkey breast <u>or</u> fish <u>or</u> lean steak	4 oz sweet potato <u>or</u> 1/2 cup brown rice (before cooking)	1 cup green vegetables - broccoli, spinach, green beans, or asparagus	(fat contained in meat)