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|  | **Workout** | **Breakfast** | **Lunch** | **Snack** | **Dinner** |
| **Mon** |  | Omelet (1P, ½ D, 1V)  1 Fruit  1c. Cottage Cheese | Chef Salad (2P, ½ D, 2V, 1con) | Protein Bar | Smoked Salmon  ½ c. Veggies  1c. Brown Rice  1c. Veggie Soup |
| **Tue** |  | Smoothie (1c. Soy, PP, ½ Banana)  1 Fruit | Tuna Salad  1oz. Nuts | Protein Bar | Chicken  ½ c. Veggies  1c. Butternut Squash Soup |
| **Wed** |  | Chicken Scramble (2P, 1D)  ½ Grapefruit | Chicken Salad  1c. Veggie Soup | Protein Bar | Scallops (+Steak)  1c. Brown Rice  ½ c. Veggies |
| **Thur** |  | Breakfast Sandwich (1P, 1C, 1D)  1c. Soy Milk or CC | Steak Salad | Protein Bar | Tuna  1c. Pasta  ½ c. Peas |
| **Fri** |  | Spinach Scramble (1P, 1D, 1V)  1c. Soy Milk or CC  ½ Grapefruit | Tuna Salad  1c. CC or Soy Cheese | Protein Bar | Pork Tenderloin  1c. Brown Rice  Veggies |
| **Sat** |  | Smoothie  1 Fruit | Pork Tenderloin Salad | Protein Bar | Miso Ramen Noodles  2P  Veggies |
| **Sun** |  | Cheese Scramble (1P, 1D)  1c. Soy Milk or CC  1 Fruit | Tuna Salad  1c. Soup | FREE | Chicken  1c. Brown Rice  1c. Soup |

**Additional Snack Options:**

* 1c. CC
* 1 oz. Soy Cheese
* Protein Hot Cocoa (PP, Cocoa, Soy Milk)