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|  | **Workout** | **Breakfast** | **Lunch** | **Snack** | **Dinner** |
| **Mon** |  | Omelet (1P, ½ D, 1V)1 Fruit1c. Cottage Cheese | Chef Salad (2P, ½ D, 2V, 1con) | Protein Bar | Smoked Salmon½ c. Veggies1c. Brown Rice1c. Veggie Soup |
| **Tue** |  | Smoothie (1c. Soy, PP, ½ Banana)1 Fruit | Tuna Salad1oz. Nuts | Protein Bar | Chicken½ c. Veggies1c. Butternut Squash Soup |
| **Wed** |  | Chicken Scramble (2P, 1D)½ Grapefruit | Chicken Salad1c. Veggie Soup | Protein Bar | Scallops (+Steak)1c. Brown Rice½ c. Veggies |
| **Thur** |  | Breakfast Sandwich (1P, 1C, 1D)1c. Soy Milk or CC | Steak Salad | Protein Bar | Tuna1c. Pasta½ c. Peas |
| **Fri** |  | Spinach Scramble (1P, 1D, 1V)1c. Soy Milk or CC½ Grapefruit | Tuna Salad1c. CC or Soy Cheese | Protein Bar | Pork Tenderloin1c. Brown RiceVeggies |
| **Sat** |  | Smoothie1 Fruit | Pork Tenderloin Salad | Protein Bar | Miso Ramen Noodles2P Veggies |
| **Sun** |  | Cheese Scramble (1P, 1D)1c. Soy Milk or CC1 Fruit | Tuna Salad1c. Soup | FREE | Chicken1c. Brown Rice1c. Soup |

**Additional Snack Options:**

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