



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST	<p>Over-easy eggs/egg whites cooked in 1+ tsp healthy oil (e.g. 1 egg, 5 whites, scrambled)</p> <p>Bacon (pig, turkey...your choice)</p> <p>Strawberries with walnuts (e.g. ½ oz)</p>	<p>Beef & Broccoli Omelet (as in Stir fry Beef & Broccoli? Take a shot at having Dinner for Breakfast! *make double for Thursday)</p> <p>Strawberries sprinkled with ½-1 oz chopped walnuts, if you didn't use oil or egg yolk in omelet</p>	<p>Scrambled eggs / egg whites cooked in 1+ tsp healthy oil</p> <p>Pan-seared breakfast protein, such as ham, beef or chicken</p> <p>Sliced or diced apple sprinkled with cinnamon, cloves & ½-1 oz chopped nuts (not peanuts)</p>	<p>Left over Beef & Broccoli Omelet from Tuesday</p> <p>Sliced or diced apple sprinkled with cinnamon, cloves & ½-1 oz chopped nuts (not peanuts)</p>
SNACK OPTIONS	<p>GENERALLY HEALTHY</p> <ul style="list-style-type: none"> Yogurt w/ nut butter Smoothie (make with milk/ yogurt/CC, PP, fruit, etc.) Yogurt with protein powder Yogurt with trail mix or other "accent" (be creative) CC with berries (& flax) String or other Cheese Cottage Cheese w/chopped tomato, S&P, fresh basil 	<p>GENERALLY HEALTHY</p> <ul style="list-style-type: none"> Crudité (raw veggies) & nuts Nut butter & veggies Deli meat rolled around ½ oz cheese or veggie stick Cheese / Cheese stick Apple or Pear (or other fruit) w/ cheese 	<p>PALEO FRIENDLY</p> <ul style="list-style-type: none"> Dried fruit & nuts Apple or Pear (or other fruit) w/ Nut Butter Just nuts Frozen/thawed cooked shrimp Hardboiled eggs Jerky Egg Protein Powder w/ Almond/Coconut Milk 	
LUNCH	<p>Boiled or Steamed Shrimp</p> <p>Large Green & Veggie Salad dressed with lemon juice, a healthy oil, salt, pepper and other spices. (try adding steamed green beans, julienned jicama, black olives, cherry tomatoes and parsley)</p>	<p>Left over shrimp (Monday) with stir fry vegetables</p>	<p>Egg Salad (chopped boiled eggs, little mustard, salt & pepper, finely chopped celery and onion)</p> <p>Raw fresh carrots and celery</p>	<p>Egg Salad (chopped boiled eggs, little mustard, salt & pepper, finely chopped celery and onion)</p> <p>Raw fresh carrots and celery</p>
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DINNER	<p>Beef & Broccoli Stir fry Go light on any sauce to keep otherwise salty stir fries fresher and healthier. Add carrots and onions to the broccoli for color and variety. Season the beef with Chinese 5 Spice or other oriental spice. Experiment! **Keep some stir fry veggies out separate for lunch tomorrow</p>	<p>Tuna Burgers Use the Asian Salmon Patty Recipe, but use tuna instead of salmon and skip the oriental spices.</p> <p>Roasted Broccoli &/or Cauliflower Toss with healthy oil and roast in oven on 400° for 15-20 minutes</p>	<p>Sesame Orange Shrimp Over wilted spinach (make extra spinach for tomorrow night and Friday morning)</p> <p>Steamed or sautéed carrots drizzled with sesame oil.</p>	<p>Baked Chicken Spiral Use linked recipe, but stuff chicken with wilted spinach instead of chili) *Make double/triple servings.</p> <p>Steamed zucchini (quartered lengthwise) with butter (try Kerry Gold!) and pepper</p> <p>Simple green salad</p>



	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<p>Chicken & Spinach Omelet, topped with Avocado *make double (use chicken finely chopped from last night and add spinach as well – great flavors this morning!)</p> <p>Strawberries</p>	<p>Coconut Clementine Smoothie</p> <ul style="list-style-type: none"> Coconut Milk Clementine (or tangerine), plus grated peel from the citrus Vanilla Protein Powder 5-6 ice cubes <p>Blend in blender until smooth and frothy.</p>	<p>Chicken & Spinach Omelet, topped with Avocado *make double (use chicken finely chopped from last night and add spinach as well – great flavors this morning!)</p> <p>Strawberries</p>
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LUNCH	<p>Ahi Tuna steak or Canned Tuna (or pick your fish!)</p> <p>Large Green & Veggie Salad dressed with lemon juice, healthy oil, salt, pepper and other spices. (try adding steamed green beans, julienned jicama, black olives, cherry tomatoes and parsley)</p>	<p>Ahi Tuna or Canned Tuna (or pick your fish!)</p> <p>Large Green & Veggie Salad (left over)</p>	<p>Coconut Clementine Smoothie</p> <ul style="list-style-type: none"> Coconut Milk Clementine (or tangerine), plus grated peel from the citrus Egg White Protein Powder 5-6 ice cubes <p>Blend in blender until smooth and frothy.</p>
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DINNER	<p>Sliced, left-over Baked Chicken Spirals over large green salad loaded with veggies and nuts.</p> <p>Sliced green apple</p>	<p>Dinner out</p>	<p>“Left-over Frittata” Create an egg base (or crust) in a large skillet (eggs, egg whites or combination) over low heat. Purge your fridge and add your left over veggies, meats, etc. Crack a few more egg whites over top. Cheese topping optional. Bake at 450° x 10-15 minutes, then broil for 3-5 minutes. Serve like pizza.</p>