

MENU

HAVE FOUR MEALS EVERY DAY WITH A **PROTEIN**
CHOOSE TWO **FRUITS** AND TWO **VEGETABLES** EVERY DAY
AT LEAST TWO MEALS WILL HAVE A SERVING OF PROTEIN AND **CARBS**

FRUITS

CHERRIES
GRAPEFRUIT
APPLES
PLUMS
BERRIES
PEACHES

BANANAS
APRICOTS
PASSION FRUIT
ORANGES
KIWI
MELONS

PROTEINS

EGGS
FISH
COTTAGE CHEESE
BEANS-LENTILS-QUINOA
PORK LOIN
BISON

TOFU
CHICKEN
TURKEY
LEAN BEEF
SHRIMP
TILAPIA

CARBS

CEREAL
PRETZELS
OATS
GRANOLA
TORTILLAS
POTATOES

PASTA AND NOODLES
RICE
CORN
ENGLISH MUFFIN
BREAD
BAGEL

VEGETABLES

BELL PEPPERS
BROCCOLI
ZUCCHINI
CAULIFLOWER
CELERY
CABBAGE

LETTUCE
KALE
CUCUMBERS
BRUSSELS SPROUTS
TOMATOES
EGGPLANT

ASPARAGUS
MUSHROOMS
SPINACH
GREEN BEANS
ARTICHOKES
ONIONS

TAKE A MULTI-VITAMIN AND FISH OIL WITH THE BIGGEST MEAL
REMEMBER TO DRINK PROTEIN SHAKE BEFORE BED!