



Meal Plan

Breakfast Options

Nonfat Greek yogurt with blackberries and raspberries

or

Eggs your way & sausage

or

Cottage cheese & a side of avocado

Lunch Options

Tuna salad on a bed of lettuce

or

Harvest salad made up with grilled vegetables, blue cheese and poached salmon with vinaigrette

or

Tuna Nicoise on mixed greens,, potatoes, and a mustard vinaigrette

Snack Options

Hard-boiled eggs

or

Cottage cheese with carrot sticks

or

Greek yogurt broccoli and cauliflower

or

Veggie Juice with carrots, spinach, beets, and other goodies

Diner Options

Grilled salmon, asparagus and a baked potato

or

Chicken, creamed spinach, and cauliflower

or

Filet, mashed potatoes, and brussel sprouts