



Nutrition Plan Weeks 1 - 4

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
B R  L U  D N  S N	2 whole grain slices of toast w/ 2 tbsp almond butter and 1 banana	Bowl of oatmeal w/ 2 tbsp chopped walnuts and 1 tsp honey	<a href="#">Berry Power-Up Smoothie + 1 slice whole wheat toast + 1 tbsp peanut butter</a>	<a href="#">Scrambled Egg Burrito</a>	1 cup High Fiber whole grain cereal + ½ cup berries + ½ cup 1% milk + 6 oz orange juice	2 scrambled eggs w/ whole wheat English muffin and 2 tsp reduced fat cream cheese	Bowl of oatmeal w/ 2 tbsp chopped walnuts and 1 tsp honey
	<a href="#">Black Bean and Poblano Tortilla Wraps + Apple</a>	<a href="#">Grilled Chicken Salad w/ Avocado and Mango + small roll + 6-oz low fat yogurt</a>	<a href="#">Ham, Sliced Pear &amp; Swiss Sandwich</a>	<a href="#">Baby Spinach Salad w/ Creamy Dijon Dressing + 1/2 tuna salad + apple</a>	<a href="#">Spring Salad Smoothie + 1/2 turkey and Swiss sandwich on whole wheat</a>	Leftover Shrimp and Garlic Pizza	<a href="#">Egg Salad Sandwich</a>
	<a href="#">Penne w/ Spinach and Feta</a>	<a href="#">Grilled Burgers and 3-Bean Salad</a>	<a href="#">Fish Tacos w/ Sesame Ginger Slaw</a>	<a href="#">Chicken Breasts &amp; Roasted Rosemary Potatoes</a>	<a href="#">Shrimp and Garlic Pizza</a>	<a href="#">Adobo-Marinated Flank Steak w/ Spinach Salad</a>	<a href="#">Fusilli w/ Roasted Chicken</a>
	1/2 cup plain low fat yogurt + 1 tsp honey + 3 chopped figs + 1 tsp ground flax	Post Workout: 2 slices pumpernickel bread + 2 tsp reduced fat cream cheese (on each) + 1 oz smoked salmon	Post Workout: 1/2 whole wheat bagel + 2 tbsp almond butter	<a href="#">White Bean Salsa and Chips</a>	Post Workout: Trail Mix--1 cup whole grain cereal + 1/4 cup almonds + 1/4 cup dried cranberries	Post Workout: 1 apple + 1 oz cheddar cheese + 1 whole wheat wrap + 2 tbsp hummus	Post Workout: 1 cup low fat cottage cheese + 1 cup cantaloupe + 2 tbsp low fat granola (300 cal)



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B R	<a href="#">Peanut Butter Cup Smoothie, 1 slice whole wheat toast, 1 tsp reduced fat cream cheese</a>	<a href="#">Greek Yogurt and Wild Blueberry Parfait, English muffin, 1 tbsp peanut butter</a>	Bowl of oatmeal w/ 2 tbsp chopped walnuts and 1 tsp honey	2 scrambled eggs w/ whole wheat English muffin and 2 tsp reduced fat cream cheese	Whole wheat wrap filled w/ 2 tbsp almond butter + 1 tbsp all fruit jam & sm banana	<a href="#">Breakfast Barley w/ Banana &amp; Sunflower Seeds</a>	<a href="#">Oatmeal Pancakes with Wild Blueberry Sauce</a>
L U	<a href="#">Mediterranean Pasta Salad</a>	<a href="#">Tomato and Mozzarella Melt</a>	<a href="#">Chicken Wrap w/ Curry-Mango Mayo</a>	<a href="#">Greek Salad w/ Grilled Chicken</a>	<a href="#">Moroccan Chicken Pita</a>	<a href="#">Chicken Salad Sandwiches w/ Pesto + 1 orange</a>	<a href="#">Red Grape and Tuna Salad Pita</a>
D N	<a href="#">Skillet Salmon and Parmesan Potatoes</a>	<a href="#">Adobo-Lime Chicken Tacos + Guacamole</a>	<a href="#">Linguine w/ Shrimp, Tomatoes, Olives, and Capers</a>	<a href="#">Middle Eastern Rice Salad</a>	<a href="#">Zesty Zucchini Spaghetti</a>	<a href="#">Flank Steak w/ Mashed Potatoes + whole grain roll</a>	<a href="#">Grilled Chicken and Wheat-Berry Salad</a>
S N	6 oz low fat yogurt + 1 tbsp wheat germ + ½ cup berries	Post Workout: 2 small pitas + 2 hard boiled eggs, chopped	Post Workout: ½ mashed avocado + 1 piece rye crisp bread	1 cheese stick + 1 orange	Post Workout: 1 oz walnuts (14 halves)	Post Workout: 1 cup low fat cottage cheese + 1 cup cantaloupe + 2 tbsp low fat granola	Post Workout: ½ English Muffin + 1 tbsp Peanut Butter 1 tbsp raisins + ½ cup sliced apples



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B R	Bowl of oatmeal w/ 2 tbsp chopped walnuts and 1 tsp honey	<a href="#">Berry Smoothie + 1 slice wheat toast + 1 tbsp peanut butter</a>	2 scrambled eggs w/ whole wheat English muffin and 2 tsp reduced fat cream cheese	Bowl of oatmeal w/ 2 tbsp chopped walnuts and 1 tsp honey	Bowl of oatmeal w/ 2 tbsp chopped walnuts and 1 tsp honey	<a href="#">Banana Yogurt Parfait with Maple Oat Topping</a>	2 eggs any style in whole wheat tortilla + 1 tbsp salsa + 1 tbsp shredded Monteray Jack
	<a href="#">Thai Tofu and Spicy Asian Noodles + orange</a>	<a href="#">Ham, Sliced Pear &amp; Swiss Sandwich</a>	<a href="#">Tomato and Mozzarella Melt</a>	<a href="#">Greek Salad w/ Grilled Chicken</a>	Leftover pizza + salad + vinaigrette	<a href="#">Egg Salad Sandwich</a>	<a href="#">Grilled Chicken Salad w/ Avocado and Mango + small roll + 6-oz low fat yogurt</a>
L U	<a href="#">Fish Tacos w/ Sesame Ginger Slaw</a>	<a href="#">Penne w/ Spinach and Feta</a>	<a href="#">Shrimp Stir-Fry</a>	<a href="#">Bacon, Pear, and Gorgonzola Pizza, green salad w/ vinaigrette</a>	<a href="#">Grilled Burgers and 3-Bean Salad</a>	<a href="#">Pan-Seared Scallops w/ Southwestern Rice Salad</a>	<a href="#">Adobo-Lime Chicken Tacos</a>
	<a href="#">Creamy Sweet Potato Dip w/ Pita Chips</a>	1 cheese stick + 1 orange (120 calories) + energy bar (180-200 calories)	6 oz low fat yogurt + 1 tbsp wheat germ + 1/2 cup berries + 1 oz walnuts	Post Workout: 2 small pitas + 2 hard boiled eggs, chopped (304 cals)	Post Workout: 1/2 English Muffin + 1 tbsp Peanut Butter 1 tbsp raisins + 1/2 cup sliced apples (285 cals)	Post Workout: 1/2 mashed avocado + 1 piece rye crisp bread (197 calories)	Post Workout: 1 cup low fat cottage cheese + 1 cup cantaloupe + 2 tbsp low fat granola
D N							
S N							



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B R	1 cup High Fiber whole grain cereal, 1/2 cup berries, 1/2 cup 1% milk, 6 oz OJ	2 whole grain slices of toast w/ 2 TBSP almond butter and 1 banana	<a href="#">Greek Yogurt and Wild Blueberry Parfait + English muffin + 1 TBSP Almond Butter</a>	<a href="#">Scrambled Egg Burrito</a>	1 cup High Fiber whole grain cereal + 1/2 cup berries + 1/2 cup 1% milk + 6 oz orange juice	<a href="#">Oatmeal Pancakes with Wild Blueberry Sauce</a>	<a href="#">Broccoli and Feta Omelet with Toast</a>
	<a href="#">Spring Salad Smoothie, 1/2 turkey &amp; Swiss sandwich on wheat, apple</a>	Leftover Rice Salad	<a href="#">Chicken Salad Sandwiches w/ Pesto</a>	<a href="#">Baby Spinach Salad w/ Creamy Dijon, 1/2 tuna salad, apple</a>	<a href="#">Mediterranean Pasta Salad</a>	<a href="#">Moroccan Chicken Pita</a>	3 oz roast turkey, 2 slices wheat bread, 1/4 avocado, sliced tomato, slice Meunster
L U							
	<a href="#">Middle Eastern Rice Salad</a>	<a href="#">Linguine w/ Shrimp, Tomatoes, Olives, and Capers</a>	<a href="#">Flank Steak w/ Mashed Potatoes</a>	<a href="#">Grilled Chicken and Wheat-Berry Salad</a>	<a href="#">Hawaiian Turkey Burgers w/ Pineapple-Papaya Sauce</a>	<a href="#">Wild Salmon and Brown Rice Bowl</a>	<a href="#">Zesty Zucchini Spaghetti</a>
D N							
	1 cheese stick + 1 orange	1/2 cup plain low fat yogurt + 1 tsp honey + 3 chopped dates + 1 tsp ground flax	Post Workout: 1 oz walnuts (14 halves)	6 oz low fat yogurt + 1 TBSP wheat germ + 1/2 cup berries (154 cal)	Post Workout: 2 slices pumpernickel bread + 2 tsp reduced fat cream cheese (on each) + 1 oz smoked salmon	Post Workout: 1/2 English Muffin + 1 TBSP Peanut Butter 1 TBSP raisins + 1/2 cup sliced apples	Post Workout: 1 cup low fat cottage cheese + 1 cup cantaloupe + 2 TBSP low fat granola
S N							