

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	APPROX CALORIES
MONDAY	Oatmeal w 2 flaxseed, 2 wheat germ; 2 egg whites water & tea	Greek yogurt; berries; water	Shakeology with 1 cup milk	Carrots & Hummus	Stuffed Potato w yogurt cheese chopped chicken	Cup of Edamame	1240
TUESDAY	Greek Yogurt with berries, flax, wheat germ, granola	Shakeology w/ 1 cup milk	½ Ezekiel Wrap w hummus, turkey, tomato, avocado & feta	½ apple or banana with ½ of normal nut butter	½ sweet potato, 1 Cup cooked spinach, 1 Chicken breast chicken	2 pieces of dark chocolate	1330
WEDNESDAY	Eggs with onions, spinach & tomato on toast	Grilled Chicken & green beans	½ Ezekiel wrap with nut butter & banana	Orange & 10 almonds	Grilled chicken breast with fresh veggies in a wrap		1230
THURSDAY	Cream of Wheat, flax, wheat germ, bee pollen, & egg whites, cinnamon	Edamame & Glass of Milk	Grilled chicken breast with fresh veggies in a wrap	Greek Yogurt	Beef stew containing vegetables & potatoes	2 pieces of dark chocolate	1350
FRIDAY	oatmeal w 2flaxseed, 2wheat germ; 1 egg, water & tea	Greek yogurt; berries; water	Shakeology with Milk	Carrots & Hummus & 10 almonds	sweet potato, green beans chicken	Cup of Edamame	1330
SATURDAY	Greek Yogurt with berries, flax, wheat germ, granola	Shakeology with Milk	½ Wrap w hummus, turkey, avocado, tomato & feta	½ apple or banana with nut butter	Flank Steak with Onions & mushrooms with cooked spinach		1330
SUNDAY	PB Toast (sprinkle flaxseed), Banana	Hardboiled Egg & Tomato	½ Ezekiel wrap with nut butter & banana	Orange & 10 almonds	Spaghetti Squash with hamburger and marinara sauce	2 pieces of dark chocolate	1220

You'll need to contact a registered dietitian for individualized meal plans. This plan is not intended for a certain disease, condition, or specialty population. This is merely a suggestion of meal ideas. Calorie needs & food amounts will vary based on age, gender, & activity level. Please consult with a registered dietitian for individualized information - as we are neither. We're just two girls looking for simple meals.