

<b>Breakfast</b>	
½ cup oatmeal 3 egg whites or 1 scoop protein powder 1 Dannon Lite n Fit yogurt Fruit	
<b>Snack before workout</b>	
1 apple Homemade protein bar	
<b>Lunch</b>	
4oz tuna, salmon, halibut ½ cup of brown rice or half a sweet potato Salad or green vegetable	
<b>Mid – afternoon Snack</b>	
Protein shake – banana, protein powder, water, ice, small amount of yogurt  Or 20 Almonds	
<b>Dinner</b>	
4 oz. lean meat – your choice Salad Fruit Salad dressing – 1 tablespoon	
<b>Bed time snack</b>	
1 tablespoon of peanut butter or almonds, or egg whites or protein powder pudding	

SPECIAL NOTES:

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