



Bodyweight /Meal	151-170 pounds	171-180 pounds	181-195 pounds	196+ pounds
Breakfast	2 egg whites 1 Slice Ezekiel Toast 1 teaspoon almond butter	1 cup skim milk 1 cup All Bran cereal 1 avocado	3 egg whites whole wheat pita or tortilla add 1 cup steamed spinach for omelette	3 egg whites 1 whole egg 2 slices Ezekiel bread 1 tbsp. almond butter
Mid-Morning	1 slice nitrate free turkey 1 cup almonds	1 scoop protein w/ 1 cup skim milk add 1 tbsp of flaxseed oil to protein shake and 1 tsp almond butter	1 can tuna w/low fat mayo 1 cup almonds and 1 banana	1 scoop protein w/ skim milk 10 pecans and 1 banana
Lunch	1 can tuna and 1 hard boiled egg steamed asparagus sliced avocado	2 slices Nitrate free turkey 1 sweet potato add 1 tbsp sunflower oil to sweet potato	6 oz chicken breast 1 Bell Pepper (Red) cover in 1 tbsp safflower oil	6 oz lean red meat small organix salad add seasoning, sunflower oil, and balsamic vinegar
Mid- Afternoon	1 slice nitrate free turkey 1 apple	3 oz chicken breast 1 pear	1 scoop protein with skim milk 1 Apple	2 hard boiled eggs 2 oz almonds
Dinner	6 oz lean red meat 1 cup carrots 3 oz tofu	6 oz Salmon 1 piece of Squash	6 oz sliced turkey on ezeziel bread, topped with spicy mustard and leaf of lettuce and tomato 1 avocado	8 oz White Fish with lemon 1 sweet potato organic salad with olive oil, balsamic vinegar, and red peppers
Before Bed	1 scoop of protein 1 teaspoon almond butter	2 slices Nitrate free turkey 1 cup of almonds	1 can tuna 1 tbsp. almond butter	6 oz grilled salmon with lemon