

3 Day Meal Plan

Breakfast:

- *Shakeology with 1 cup water or Almond Milk, banana and 6-8 ice cubes
- *Oatmeal with fruit
- *2 eggs with veggies
- *Whole Wheat Bread with scoop of Peanut Butter and Banana

Snack Options: AM (mid-morning) and PM (mid-afternoon)

- *Celery and Peanut Butter
- *Greek Yogurt and Blueberries
- *Fresh Grapes and (15-20) Almonds
- *String Cheese and Apple
- *Bell Pepper and Hummus (1/4 cup)

Lunch Options:

- *Turkey Sandwich on Whole Wheat Bread, lettuce, tomato with and Apple.
(vegetarian) Boca burger or egg salad sandwich
- *Turkey Wheat Tortilla Roll-up, spinach, tomato, 1 teaspoon dijon mustard
(vegetarian) Roll-up with spinach, tomato, hummus spread and black beans
- *Tomato and Mozzarella Salad: fresh spinach, 1 tomato, 1 1/2 low moisture cheese and 2 tablespoons fat-free salad dressing or vinaigrette, or lemon

Dinner Options:

- ***Pick 1 Protein:** Grilled chicken, Salmon, 2 egg omelet or Boca burger
- ***Unlimited Veggies** (flavor with Mrs. Dash or salt-free or low sodium seasoning)
- ***Breakfast for dinner** (always good!) Omelet with veggies, wheat toast, bacon

	Day 1	Day 2	Day 3
Breakfast			
AM Snack			
Lunch			
PM Snack			
Dinner			
Water (64ounces)			
Notes			

*Learn more about Shakeology: www.myshakeology.com/missykent