

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Phase ONE		Phase TWO		Phase THREE		
Breakfast	1 Pancakes (fresh or freeze them) with diced or mashed fruit or maple syrup		5 Egg Muffins or 2 eggs prepared any way		Baked Oatmeal	9 Bacon and Eggs or Oatmeal	Breakfast Sausage and Eggs or Oatmeal
Snack	2 Pear or Apple		6 Cucumber slices with Tuna or another protein		10 Celery with almond butter (or Schmuckers PB). Peanut allergy: hardboiled egg		
Lunch	3 Gluten Free Sandwich or Wrap		7 Mason Jar Salad with rolled deli meat on the side		11 Soup or Chili of choice (cold weather) or Guacamole and Bacon (warm weather)		Salad, shake, Leftovers or modified family lunch
Snack	4 Orange or any fruit		8 1oz Jerky and carrot sticks		12 Skinny Chocolate and a handful of mixed nuts		
Dinner	14 Lemon Chicken with Brown Rice Broccoli	15 Sweet Potato with Chickpea Chili (ground beef)	16 Zucchini Skillet with Sausage	17 Chicken Stir Fry	18 Taco Salad	19 Coriander Pork Chops with Steamed Veggie and Baked Beans	20 Unstuffed Peppers
	Carb/Grain/Fruit/Protein/Veg		Protein/Vegetable ONLY		Oil/Fat/Good Nutrition/Protein/Veggies/Water		

rite in your events - sporting events with kids, dinners out with family, work occasions, date nights, celebrations, BBQ's, holiday meals. PLAN AHEAD