

	Breakfast	Lunch	Snack	Dinner
<b>Sunday</b>	1 cup steel cut cooked oatmeal 1/3 cup mixed nuts Milk Fruit of choice	Blue Cheese Spinach Salad: 1 cup baby spinach + 1 cup arugula + 2tbsp blue cheese crumbles+ 2 tbsp blueberries + 1 tbsp pecan halves + 6oz grilled chicken (save 3 oz for tomorrow's lunch) + 1tbsp olive oil and 1 tbsp balsamic vinegar. Fruit of Choice	1 cup Greek yogurt 2 tbsp slivered almonds	4 oz grilled Turkey Burger 2 cups steamed spinach 7 oz sweet potato with dash of cinnamon. (Save 3 oz Pot for lunch tomorrow)
<b>Monday</b>	1 slice cheese 3 slices cooked bacon 1 whole grain English muffin Milk Fruit of Choice	3 oz leftover grilled chicken, 3 oz leftover sweet potato, 1 cup steamed broccoli 1 cup strawberries.	Chocolate Almond protein Shake: blend 1 scoop protein powder with 1/2 cup unsweetened almond milk, 1 tsp almond extract, ice and water, top with 2 tbsp slivered almonds and dark chocolate chips.	3 oz grilled chicken kebabs 1/2 cup brown rice 1 cup steamed spinach Tazeki sauce for Kebabs (sauce: combine 3 tbsp plain non- fat Greek yogurt, 1/4 diced cucumber, 1/2 tbsp lemon juice, 1 tsp minced garlic, dash of dill, sea salt and pepper)
<b>Tuesday</b>	Chocolate PB Banana Shake: 1 scoop protein powder with 1 banana and 1 tbsp peanut butter with 1 tbsp chocolate chips and 1/2 cup skim milk ice and water.	Hamburger 4 oz Grilled onions and peppers 1 whole wheat sandwich bun, 1/2 cup baby carrots 1/2 cup celery sticks. 1/3 cup Hummus Fruit of choice	1 cup low fat cottage cheese 1 cup sliced pineapple	7 oz broiled flank steak (save 3 oz for tomorrow) 1/2 cup sautéed mushrooms and onions 2 tbsp blue cheese crumbles 3/4 c cooked brown rice and 1 cup steamed broccoli.
<b>Wednesday</b>	2 pieces French toast 2 turkey sausage Milk Fruit of choice	3 oz leftover flank steak plus 4 cups romaine lettuce and 1/4 sliced red pepper, 1/2 cup shredded carrot, 1 tbsp olive oil and 1 tbsp balsamic vinegar. Fruit of choice	Greek yogurt 1 pear	6 oz grilled chicken save (3 oz for tomorrow) 3/4 cup brown rice 1 cup steamed asparagus.
<b>Thursday</b>	1 cup low fat cottage cheese 1 cup sliced peaches	3 oz leftover grilled chicken with 2 slices whole grain toast 2 lettuce leaves, 3 slices yellow onion, 1 slice tomato, 1 slice Swiss cheese. Fruit of choice	2 oz cheese 6 whole wheat crackers	3 oz grilled pork chop 1/2 cup cooked quinoa 2 cups steamed spinach.
<b>Friday</b>	Quinoa Parfait: layer 1/4 c cooked quinoa, 1 Greek yogurt, 2 tbsp blueberries, 1/4 cup sliced strawberries, 2 tbsp raspberries, 2 tbsp chopped walnuts.	3 oz canned chicken mixed with 1/2 tsp minced garlic, 1/4 c yellow onions, 2 tsp Mayo 1 cup sliced zucchini 1 cup cooked whole wheat pasta and 1 tbsp olive oil	Strawberry banana shake: blend 1 scoop protein powder with 1/2 cup strawberries, 1/2 banana, and 1 cup water and ice.	Homemade Pizza of your choice Side Salad
<b>Saturday</b>	1 cup steel cut cooked oatmeal, 1/3 cup sunflower seeds Milk Fruit of Choice	Leftover Pizza from last night Salad Fruit of Choice	1 rice cake with 2 tbsp peanut butter 1 cup low fat cottage cheese	Chicken Stir Fry: 3 oz chicken, 1/2 c each sliced bell pepper, chopped onion, bok choy and snap peas, 2 tbsp soy sauce, 3/4 cup brown rice 3/4 tbsp rice vinegar

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<b>Sunday</b>	2 pieces of whole wheat toast 3 slices cooked bacon Milk Fruit of Choice	Bean Burrito: ½ cup refried beans, 1 oz shredded cheese, Taco toppings Fruit of Choice Vegetable of Choice	1 cup carrot sticks 1/2 cup hummus	1 cup Spaghetti and Meatballs Vegetable of Choice Fruit of Choice
<b>Monday</b>	Blend 1 scoop protein powder, 1 cup kale, ½ banana, ½ cup strawberry, milk, ice	3 oz cooked ham 2 slices whole wheat toast Fruit of Choice Vegetable of Choice	Greek Yogurt 1 oz mixed nuts	3 Baked Chicken Legs ½ cup brown rice (season how you like) Vegetable of Choice
<b>Tuesday</b>	2 small Pumpkin Muffins 4 slices Canadian Bacon Milk Fruit of Choice	1 cup Chicken Stir Fry ½ cup Brown Rice Fruit of Choice	1 cup Kasha Cereal Milk (Make sure cereal has at least 7 grams of protein or more per serving)	1-2 Chicken Enchiladas ½ Spanish Rice Vegetable of Choice
<b>Wednesday</b>	Quinoa Parfait: layer ¾ cup cooked quinoa, 1 cup Greek yogurt, 2 tbsp blueberries, ¼ cup sliced strawberries, 2 tbsp raspberries, 2 tbsp chopped walnuts	BLT Sandwich Vegetable of Choice Fruit of Choice	Chocolate Almond protein Shake: blend 1 scoop protein powder with ½ cup unsweetened almond milk, 1 tsp almond extract, ice and water, top with 2 tbsp slivered almonds and dark chocolate chips.	3 oz Roast Chicken 3 oz Baked potato Vegetable of choice
<b>Thursday</b>	2 Whole grain Waffles or Pancakes 2 tbsp Peanut butter Milk Fruit of choice	Loaded Baked Potato: 1 oz cheese, 1/3 cup diced onions, peppers, broccoli, 1 oz meat (bacon, sausage, chicken) Fruit of Choice Greek Yogurt	Frozen Chocolate Cover Banana Bites 1/3 cup mixed nuts	1 cup Chicken Alfredo Vegetable of Choice
<b>Friday</b>	Chocolate PB Banana Shake: 1 scoop protein powder with 1 banana and 1 tbsp peanut butter with chocolate chips and ½ cup skim milk ice and water.	Spinach & Strawberry Salad 3 oz chicken ½ cup sliced strawberries (Dressing: 1 tbsp olive oil, ½ tbsp. balsamic vinegar, ½ tbsp. honey, 1 tsp Dijon mustard)	1/3 cup Guacamole 2 oz Whole Grain Chips 1 String Cheese	Bean Fajitas: Onions, Peppers, tomatoes Tortilla Vegetable of Choice
<b>Saturday</b>	2 Biscuits and Turkey Sausage Gravy Milk Fruit of Choice	Salad of choice (use ½ cup cooked Quinoa as your protein) Fruit of Choice	1 Rice Cake Nut Butter Honey Dried Fruit	3 oz BBQ Beef Sweet Potato Fries Vegetable of Choice

## High Protein Foods

Protein, fat and fiber are the three nutrients that stay in your stomach the longest, contributing to your satiety level. Protein at each meal helps stabilize your blood glucose levels and prevents breakdown of your lean body mass.

Food	Serving Size	Protein (g)
<b>Wheat germ or flaxseed</b>	2 tbsp	4
<b>Cream Cheese</b>	2 tbsp	4
<b>Hummus</b>	¼ cup	5
<b>Broccoli or corn</b>	1 cup	5
<b>Egg</b>	1 medium	6
<b>Egg noodles</b>	1 cup	7
<b>Cheese</b>	1 oz	7
<b>Milk</b>	8 Fl oz	8
<b>Peanut Butter (chunky)</b>	2 tbsp	8
<b>Beans, cooked</b>	½ cup	8
<b>Tofu, Firm</b>	½ cup	10
<b>Soy milk</b>	8 fl oz	10
<b>Yogurt</b>	8 oz	12
<b>Sunflower seeds</b>	½ cup	13
<b>Cottage cheese</b>	½ cup	14
<b>Almonds</b>	½ cup	15
<b>Lobster, baked or broiled</b>	3 oz	17
<b>Peanuts</b>	½ cup	19
<b>Cod or Shrimp</b>	3 oz	20
<b>Ham, cooked</b>	3 oz	21
<b>Salmon</b>	3 oz	22
<b>Ground Turkey</b>	3 oz	23
<b>Tuna, Canned in water</b>	3 oz	23
<b>Ground beef, lean, cooked</b>	3 oz	24
<b>Turkey or pork, roasted</b>	3 oz	25
<b>Tuna, fresh, cooked</b>	3 oz	26

### Protein tips

- Eat ¼-1/2 cup of nuts/day
- Top vegetables with hummus
- Eat fatty fish two to three times/week
- Consume three servings of lean dairy products/day
- Consider drinking liquid protein supplements such as Ensure, or protein powder