

Breakfast

- 2 eggs (scramble/boiled) raw vegetable
- Protein shake with unsweetened almond/ skimmed milk and peanut butter
- Small piece of fruit and almonds
- Coffee with no sugar and 1tsp cream
- Egg, ½ banana and Greek unsweet yogurt
- Whole-grain cereals in combination with skim milk and fruit

Lunch/Dinner

- Protein (baked, grilled or air-fried) with vegetables. Includes chicken, lean meat, turkey, fish. • Salad (spinach) with Egg or almonds (avoid dressing, may use oil and vinegar, 1 tbsp or balsamic vinaigrette) and protein
- 2 ounce serving of Wheat pasta/ Quinoa and a protein

Snack Ideas

- ¾ cup of berries, ½ banana. 1 cup raspberries, 1 cup strawberries, 1 apple, 1 pear
- Greek Yogurt with almonds
- ¼ cup of almonds, unsalted peanuts, walnuts
- 1 cup raw vegetables (carrots, cucumbers, etc) and 1/3 hummus or tbsp of peanut butter • Small protein shake with ¾ cup skimmed milk and whey protein
- Sugar free Jello

Foods to Avoid

- French Fries and Potato Chips.
- Sugary Drinks, carbonated beverages.
- White Bread.
- Candy Bars.
- Most Fruit Juices.
- Pastries, Cookies and Cakes.
- Some Types of Alcohol (Especially Beer).
- Ice Cream.
- Pizza.