

Meal Plan

Monday (In Military Time)

Meal 1	0700	1 packet lower sugar oatmeal or ½ cup cooked of oatmeal, and 3 eggs whites
Meal 2	1000	Apple and a protein shake (1 scoop of protein with water)
Meal 3	1300	Chicken Breast with ½ bag of broccoli steamers and 1 sweet potato
Meal 4	1530	15 healthy unsalted nuts with an apple
Meal 5	1900	4-6oz lean meat and veggies (any kind is good) Just no carbs or one of the Protein Shakes from Fit Beyond The Scale

Tuesday

Meal 1	0700	3 eggs (1 yolk and 2 whites) made with ¼ cup low fat mozzarella for an omelet w/ 1/2 Grapefruit and 1 whole wheat waffle
Meal 2	1000	Apple
Meal 3	1300	Tuna sandwich (100% whole wheat bread) with veggies and an orange
Meal 4	1530	15 healthy unsalted nuts
Meal 5	1900	4-6oz lean meat with a salad with light balsamic vinaigrette

Wednesday

Meal 1	0700	1 packet lower sugar oatmeal or ½ cup cooked of oatmeal, and 3 eggs whites
Meal 2	1000	Grapefruit or orange
Meal 3	1300	Chicken Breast with ½ cup of brown rice or a sweet potato and a ½ bag of broccoli steamers
Meal 4	1500	Protein shake (1 scoop of protein with water)
Meal 5	1930	4-6oz lean meat and veggies (any kind is good) just no carbs
Meal 6	2100	Protein Shake from Fit Beyond The Scale

Thursday

Meal 1	0700	4 egg whites with 1 packet of sugar free oatmeal or one whole wheat waffle
Meal 2	1000	Apple and a protein shake
Meal 3	1300	Tuna sandwich of any flavor with veggies and an orange
Meal 4	1530	15 healthy unsalted nuts with an apple and a protein shake
Meal 5	1900	4-6oz lean meat and veggies (any kind is good) just no carbs or one of the Protein Shakes from Fit Beyond The Scale

Friday

Meal 1	0700	1 packet lower sugar oatmeal or ½ cup cooked of oatmeal, and 3 eggs whites
Meal 2	1000	Apple
Meal 3	1300	Chicken Breast w/ ½ bag of broccoli steamers and an orange and a sweet potato
Meal 4	1530	Protein shake with an apple and 15 cashews

Meal 5 1900 4-6oz lean meat and veggies (any kind is good)

Saturday

Meal 1 0700 4 egg whites with 1 packet of lower sugar oatmeal or one whole wheat waffle
Meal 2 1000 Apple and a protein shake
Meal 3 1300 Tuna sandwich of any flavor with veggies and an orange
Meal 4 1530 15 healthy unsalted nuts with an apple and a protein shake
Meal 5 1900 Lean meat with a salad with light balsamic vinaigrette
Meal 6 2100 Protein Shakes from Fit Beyond The Scale

Sunday

Meal 1 0730 4 Egg Whites with veggies (omelet) w/ 1 packet lower sugar oatmeal
Meal 2 1000 Apple
Meal 3 1230 Chicken Breast with a sweet potato ½ bag of broccoli steamers
Meal 4 1430 Protein Shake from Fit Beyond The Scale
Meal 5 1700 Lean meat and veggies

SHOPPING LIST

APPLES – 10
ORANGES – 5
GRAPEFRUIT – 2
SALAD – 2 servings
SWEET POTATOES – 3
BALSAMIC VINAIGRETTE
TUNA – 3 servings
BROWN RICE – 1 serving
LEAN MEAT – 7 servings
LOWER SUGAR OATMEAL - 6 servings
BREAD-100% WHOLE WHEAT – 3 servings
NUTS- HEALTHY UNSALTED- 4 servings
CASHEWS-UNSALTED - 1 serving
CHICKEN BREAST - 4
BROCCOLLI STREAMERS – 2 bags
VEGGIES-NO CARBS- 7 servings
WHOLE WHEAT WAFFLES – 3
EGGS - 24
LOW FAT MOZZARELLA – 2oz