	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	2 eggs, scrambled	Shakeology, vanilla	2 eggs, scrambled	2 eggs, scrambled	2 eggs, scrambled	2 eggs, scrambled	Shakeology, vanilla
	2 tomatoes, diced	1 egg, 1/2 red serving	2 tomatoes, diced	2 tomatoes, diced			
	1 wholegrain waffle	1 wholegrain waffle	sunflower seeds	1/2 Gorgonzola cheese			
				1 wholegrain waffle			
Snack	cottage cheese 1/2 serving	yogurt, 1/2 serving	Shakeology, vanilla		1/2 grapefruit	1/2 grapefruit	grapes
	grapes	grapes	1 tsp peanut butter	grapes		12 almonds	12 almonds
			almond milk				
Lunch	salmon	lettuce x2	salmon	cottage cheese	lettuce	lettuce	string beans
	brussel sprouts	2 tomatoes	brocolli	quinoa	2 tomato	tilapia	chicken
	quinoa	feta cheese	grapes	lettuce	dressing	dressing	quinoa
	1 tsp olive oil	dressing		dressing	cottage cheese	quinoa	
		1/2 cottage cheese		1/2 gorgonzola			
Snack	1/2 grapefruit	1/2 grapefruit	hummus	yogurt	grapes	grapes	1/2 grapefruit
	cottage cheese, 1/2 serving	yogurt, 1/2 serving	baby carrots	1/2 grapefruit		cottage cheese	cottage cheese
Dinner	salmon	salmon	cottage cheese	tilapia		2 tomato	lettuce
	feta cheese	quinoa	lettuce	string beans	brussel sprouts	brussel sprouts	lettuce
	dressing	1 tsp oil	crackers	brussel sprouts	chicken	chicken	salmon
	romaine lettuce	Broccoli	1 tsp oil	1 tsp oil	1 tsp oil	1 tsp oil	sweet potato
				1 tsp peanut butter			dressing
Snack							1 tsp oil