



BREAKFAST

Day 1	Western Omelet: 4 -5 egg whites + Yellow Onions, Green Peppers, Tomatoes, Spinach + 1/2 cup Diced Ham
Day 2	Turkey Bacon Slam: 3 – 4 Turkey Bacon Slices + 3-4 Egg Whites scrambled with Diced Tomatoes, Spinach & Black Pepper
Day 3	The No Brainer: 3 -4 Chicken Breakfast Sausages + 3 – 4 Scrambled Egg Whites
Day 4	Onion, Mushroom & Asparagus Omelet: 4 -5 egg whites + Sautéed Onions, Mushrooms & Asparagus
Day 5	Lox Please, No Bagel: 4 – 6 Slices of Lox + Red Onions + Capers & Dill
Day 6	Egg White Frittata: 4 – 5 egg whites + Diced Zucchini, Red Onion, Bell Peppers & Tomatoes + Thyme, Salt & Pepper
Day 7	Mexican Omelet: 4 -5 egg whites + Yellow Onions, Red & Green Peppers, Tomatoes, Jalapeños, Topped with Salsa

SNACK

Day 1	Whey Protein Shake + 6 – 8 oz. of Water
Day 2	Whey Protein Shake + 6 – 8 oz. of Water
Day 3	Whey Protein Shake + 6 – 8 oz. of Water
Day 4	Whey Protein Shake + 6 – 8 oz. of Water
Day 5	Whey Protein Shake + 6 – 8 oz. of Water
Day 6	Whey Protein Shake + 6 – 8 oz. of Water
Day 7	Whey Protein Shake + 6 – 8 oz. of Water

LUNCH

Day 1	2 – 3 Hard Boiled Eggs + Unlike Any Potato Salad: Chopped Cauliflower + Diced Green Onion, Yellow Onion, Celery, Parsley + 1 – 2 tbsp Low-Fat Mayonnaise + Salt & Pepper
Day 2	5 – 7 oz. of Grilled Chicken Breast + Asparagus & Spinach Salad: Grilled Asparagus + Red Onion, Fresh Garlic, Cherry Tomatoes on a bed of Spinach, topped with Balsamic Vinegar
Day 3	Spicy Tuna Salad: 5 – 7 oz. of Tuna drained + 2 Tbsp. Lemon Juice + Matchstick Carrots, Diced Green Onions, Diced Jalapeños + Capers + Red Chili Flakes on a bed of Arugula
Day 4	5 – 7 oz. of Turkey Breast + Green Bean & Tomato Salad: Cooked Green Beans + Cherry Tomatoes + minced red onion, fresh garlic + Balsamic Vinegar
Day 5	5 – 7 oz. of Tenderloin or Flank Steak + Broccoli & Red Pepper Salad: Broccoli + Chopped Red Peppers + Minced Garlic, Red Onion, Spring Mix topped with red wine vinegar
Day 6	Yell & Tell Salad: 5 – 7 oz. of grilled Yellowtail fish + red onion, cilantro, fresh garlic, arugula + lemon juice topped with salt & pepper
Day 7	5 – 7 oz. of Grilled Chicken breast + Italian Grill, No Pasta Salad: Grilled Eggplant, Zucchini, Tomatoes, Garlic + Dried Oregano & Basil on a bed of Spinach + Lemon Juice

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Day 6	Whey Protein Shake + 6 – 8 oz. of Water
Day 7	Whey Protein Shake + 6 – 8 oz. of Water

DINNER

Day 1	Ceviche Salad: 5 – 7 oz. of White Fish Ceviche + Lemon juice, Red Onion, Cilantro + Arugula & Tomato Salad
Day 2	Vegetable Steak Rolls: 5 -7 oz. Tenderloin Steaks marinated in Balsamic Vinegar & Garlic Powder rolled & baked with sliced Zucchini, Red Pepper, Carrots & Garlic. Serve with a Side Salad
Day 3	Chicken No-Tacos: Grilled Ground Chicken + Jalapenos + Diced onions, peppers, tomatoes & garlic + Chili Powder wrapped in Iceberg lettuce topped with salsa & lime
Day 4	Vegetable Chicken Rolls: 5 – 7 oz. Chicken Breast seasoned with garlic powder, dried oregano and parsley rolled & baked with chopped Broccoli & Cauliflower. Serve with a Side Salad
Day 5	5 -7 oz. of chicken breast skewers + Crunchy Vegetable Salad: Thinly Sliced Cucumber + Shredded Romaine Lettuce + Grated Carrot + Sliced Red Pepper + Lime Juice
Day 6	5 – 7 oz. of Grilled Chicken Breast + Garlic Grilled Tomatoes: Tomatoes cut in half topped with fresh minced garlic, dried basil, parsley and grilled to perfection. Serve with Spring Mix & Balsamic Vinegar
Day 7	Pan Seared Scallops & Steamed Broccoli: Pan Seared Scallops in Lemon juice with garlic & Steamed Broccoli with Salt & Pepper

Less Active Sample Menu