

MOVE IT 2 LOSE IT

F I T N E S S . C O M

BREAKFAST

SNACK

LUNCH

DINNER

DAY 1

- 1 Slice of 100% Natural Whole Grain Toast.
- 1 Tbsp of All Natural Peanut butter (like Adams).
- 1 Banana
- 1 8oz glass of fat free milk.

1 Medium Sized Apple

- 1/2 cup of mixed fruit.

2 oz dry Multi-Grain pasta (Barilla Plus) 1/2 cup Natural Sauce. Spinach, Tomato and Cucumber salad

Light Balsamic and Olive Oil Dressing.

DAY 2

- 1 cup Cheerios
- 1/2 cup of Fat Free Milk
- 1/2 cup of Strawberries

1/2 cup Baby Carrots
Approximately 7

- Tuna Wrap on whole grain tortilla. NO MAYO
- 4 Tomato Slices, 6 Olive

One 4 oz Chicken Breast, 3/4 cup Brown Rice, 3/4 cup Green Beans

DAY 3

- 1/2 cup of Fat Free Milk
- 1/2 cup of Blueberries

1 Banana

- 2 slices toast
- 1/2 cup of Blueberries

One 4oz Salmon Fillet
1 cup Steamed Broccoli
Small Baked Potato dry

DAY 4

- 1/2 cup of Egg Beaters – Scrambled
- 1 slice of 100% Natural Whole Grain Toast w/ 1 Tbsp of Natural Peanut Butter

1 cup of Edamam (Soybean Curries)

- Light Balsamic and Olive Oil Dressing.

Grilled Turkey Burger
Whole Grain Bun
4 oz Baked Sweet Potato Slices

DAY 5

- 1 Fat Free container of yogurt
- 1 Whole Wheat Thomas Bagel
- 2 Tbsp of All Natural Peanut Butter

4 oz celery and carrots mixed

- 1 cup Tomato Soup
- 1 mini pita with Turkey, Tomato, and Lettuce.
- 1 Medium sized Pear

One 4 oz Turkey Breast w/ 3/4 cup Brown Rice
1/2 cup steamed peas

DAY 6

- Smoothie: Blend 1 cup of Fat Free Milk, 1/2 banana, and 8 oz of Old Fashioned Oatmeal w/1 cup of Fat Free Milk

1 Banana

- Chicken wrap on whole grain tortilla, tomato slices, and lettuce.
- Grapes

One 4oz Halibut Fillet
1 cup Zucchini Squash
Small Baked Potato dry

DAY 7

- 1 cup Cheerios
- 1/2 cup of Fat Free Milk
- 1/2 cup of Strawberries

- 1 cup vegetarian soup
- 1 veggie burger with tomato and lettuce
- 1 Medium Apple

Chicken Fajitas with Red & Green Peppers, Onions, Black Beans, and Wheat Tortillas.