***Meal 1*** (breakfast) (Every 3rd day switch to 2oz of oatmeal)

2 egg whites,

2 oz. turkey breast

¼ cup of green vegetable

1 slices of whole wheat bread

***Meal 2*** (snack)

Protein drink (watch the sugar)

***Meal 3*** (lunch)

2 cups salad

1 tbs. balsamic vinegar

4 oz. lean Protein (chicken or fish)

1 small cucumber

***Meal 4*** (snack)

Greek yogurt or

Protein shake with fruit

***Meal 5*** (dinner)

1 cup steamed vegetables (Every 3rd day add a baked potato or brown rice )

4 oz. lean protein of choice