

## Mid Morning Workout Meal Schedule

<b>Meal</b>	<b>Meal Choices</b>	<b>Example Meals</b>
<b>Breakfast</b>	Meal consisting of protein, veggie/fruit, and fat; wash down with water	Omega-3 Egg, Egg whites, Avocado, Spinach, Mushrooms & Tomato
*Exercise- sip water or workout drink if carb tolerant		
<b>Snack</b>	*Post workout: can include starchy carbs; encouraged	Whey protein or pasteurized egg whites, Oatmeal, Mixed berries, Mixed Nuts or flaxseed
<b>Lunch</b>	Meal consisting of protein, veggie/fruit and fat; wash down with water	Tuna, Salmon, or Grilled Chicken, Spinach Salad, Cucumbers, Tomatoes, Carrots, Chick Peas, Tbsp Olive Oil, Vinegar
<b>Snack</b>	Meal, shake, or bar: protein, veggie/fruit, and fat; wash down with water	Fat free Yogurt, Mixed berries or blueberries, Mixed Nuts or flax meal
<b>Dinner</b>	Meal consisting of protein, veggie/fruit and fat; wash down with water	Salmon, Asparagus, Broccoli, Green Beans, Cauliflower, Pecan meal
<b>Snack</b>	Meal, shake, or bar: protein, veggie/fruit, and fat; wash down with water	Fat free Yogurt, Mixed berries or blueberries, Mixed Nuts or flax meal

## Mid Morning Workout 7 Day Sample Meal Plan

Meal Time	Meal Choice	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Breakfast</b>	<i>Meal consisting of protein, veggie/fruit and fat; wash down with water</i>	Omega-3 Egg, Egg whites, Avocado, Spinach, Mushrooms & Tomato	Low Fat Cottage Cheese, Peanuts, Apple	Egg whites, olive oil, broccoli, mushrooms, tomato	Fat Free Yogurt, peanut butter, mixed berries	Lean, low sodium ham, sunflower seeds, pear	Chicken breast deli meat, whole egg, parmesan cheese spinach, tomato, onion	Egg white, whole egg, turkey, low fat feta cheese, pumpkin seeds, garlic, peas, broccoli, spinach, onion, zucchini
<b>*Exercise- sip water or workout drink if carb tolerant</b>								
<b>Snack</b>	<i>*Post workout: can include starchy carbs; encouraged</i>	Whey protein or pasteurized egg whites, Oatmeal Mixed berries, mixed nuts or flax seed	Whey protein or pasteurized egg whites, steel cut oats, oat bran, flax seeds, blueberries	Whey protein or pasteurized egg whites, oat bran, wheat bran, flax meal, apple	Egg, egg whites, steel cut oats, tomatoes, tomato paste, onion, garlic	Whey protein powder, flax seeds, almond, rolled oats, wheat bran, oat bran	Whey protein powder, fat-free cottage cheese, egg whites, flax seeds, whole wheat pancake mix	Turkey sausage, turnip, yams, smart butter, garlic, cinnamon
<b>Lunch</b>	<i>Meal consisting of protein, veggie/fruit and fat; wash down with water</i>	Tuna, Salmon or Grilled Chicken, Spinach Salad, Cucumbers, Tomatoes, Carrots, Chick Peas, Tbsp Olive Oil, Vinegar	Chicken, Chick peas, Onion, tomato, olive oil, garlic, cumin, broccoli	Shrimp, spinach, tomatoes, cucumbers, olive oil, balsamic vinegar, lemon	Black beans, chick peas, pink beans, broccoli, cauliflower, carrots, yellow carrots, vegetable oil	Canned fish, celery, red pepper, green pepper, romaine leaves, light mayo	Lean ground turkey or beef, tomatoes, red, green, yellow pepper, onions, carrots, garlic, cashew meal	Ground turkey breast, mushroom, onions, apple, smart butter, lemon juice, omega-3 egg, garlic powder
<b>Snack</b>	<i>Meal, shake or bar, protein, veggie/fruit &amp; fat; wash down with water</i>	Fat Free Yogurt, Mixed berries or blueberries, mixed nuts or flax meal	Macadamia Nuts, Pineapple, Lean Ham	Turkey, hummus, carrots, cucumbers, cauliflower	Black beans, pink beans, guacamole, tomato	Sardines, olive oil, tomato, cucumbers	Ham, sunflower seeds, pear	Turkey, cashew, apple
<b>Dinner</b>	<i>Meal consisting of protein, veggie/fruit and fat; wash down with water</i>	Salmon, Pecan meal, Asparagus, Broccoli, Green beans, Cauliflower	Chicken Breast, Broccoli, Olive oil	Turkey burger (no roll), guacamole, tomato, onions, mushrooms	Shrimp, red peppers, carrots, water chestnuts, mushrooms, cashews	Filet Mignon, olive oil, green beans	Chilean Sea bass, canola oil, Asparagus	Sirloin Steak, olive oil, garlic, onion, spinach, salt & pepper
<b>Snack</b>	<i>Meal, shake or bar, protein, veggie/fruit &amp; fat; wash down with water</i>	Fat Free Yogurt, Mixed berries or blueberries, mixed nuts or flax meal	Fat Free Cottage cheese, whey/casein protein powder, flax meal, peanut butter	Very lean roast beef, peanuts, apple	Hardboiled egg, red and green peppers	Chick peas, olive oil, tomato, cucumbers	Black beans, canola oil, corn, red pepper, red onion	Lean turkey, walnuts, apple