

Week One

Healthy Breakfast options

Lean Protein	Healthy Carbs	Healthy Fat Source
Eggs	Oatmeal	Cottage cheese
Ham	yogurt	Peanut butter
Turkey sausage	fruit	
Egg substitute	Granola	
	Whole wheat pancake	

Healthy Lunch options

Lean Protein	Healthy Carbs	Healthy Fat Source
Tuna salad	Black bean soup	Peanut butter
Grilled chicken	Whole grain penne pasta	Balsamic dressing
Roasted pork loin	Garbanzo beans	olives
Grilled BBQ turkey	hummus	Sunflower seeds
Chicken salad	Baked sweet potato	Light mayo
General Tso's Tofu	Curried chickpeas	Oil & vinegar
Turkey burger	Grilled Portobello sandwich	

Healthy Dinner Options

Lean Protein	Healthy Carbs	Healthy Fat Source
Braised apple pork chops	Black bean soup	Peanut butter
Grilled chicken	Whole grain penne pasta	Balsamic dressing
Hard cooked eggs	100% whole wheat bread	olives
Rotisserie chicken	Baked sweet potato	Sunflower seeds
Baked fish	hummus	Light mayo
Seasoned roast beef	Grilled Portobello sandwich	Oil & vinegar

Action Station

Protein	Healthy Carbs	Healthy Fat Source
Taco-seasoned grilled chicken	Charro beans	Light sour cream
Taco-seasoned beef	Black bean & corn salsa	
	Cilantro lime brown rice	

Week Two

Healthy Breakfast options

Lean Protein	Healthy Carbs	Healthy Fat Source
Eggs	Oatmeal	Cottage cheese
Ham	Yogurt	Peanut butter
Turkey sausage	Fruit	
Egg substitute	Granola	
	Roasted Potato	

Healthy Lunch options

Lean Protein	Healthy Carbs	Healthy Fat Source
Tuna salad	Whole Wheat Bread	Peanut butter
Grilled chicken	Brown rice	Balsamic dressing
Spicy Tofu	Vegetable bean soup	Black olives
Chicken Gumbo	Lentil & potato soup	Sunflower seeds
Chicken salad	Butternut squash & tomato	Light mayo
Turkey Burger	Whole grain penne	Oil & vinegar
	3 bean chili	

Healthy Dinner Options

Lean Protein	Healthy Carbs	Healthy Fat Source
Korean BBQ Tofu	Mashed red skin potato	Peanut butter
Baked fish	Whole grain penne pasta	Balsamic dressing
Rotisserie chicken	100% whole wheat bread	olives
Tofu Pho	Pumpkin curry vegetable sauté	Sunflower seeds
Cajun Roasted pork loin	Roasted corn	Light mayo
Grilled turkey	Glazed carrots	Oil & vinegar

Action Station

Protein	Healthy Carbs	Healthy Fat Source
Beef Kofta Kabob	Carrot salad	Hummus
	Whole grain flat bread	Feta cheese
	Tabbouleh	

Week Three

Healthy Breakfast options

Lean Protein	Healthy Carbs	Healthy Fat Source
Eggs	Oatmeal	Cottage cheese
Ham	Yogurt	Peanut butter
Turkey sausage	Fruit	
Egg substitute	Granola	
Cottage cheese	Raisins	

Healthy Lunch options

Lean Protein	Healthy Carbs	Healthy Fat Source
Chili con carne	Sweet potato mash	Peanut butter
Grilled chicken	Brown rice	Cheese
Garden burger	Black bean soup	Black olives
Chipotle orange chicken	Lentil soup	Sunflower seeds
Chicken gumbo	Red beans and rice	Light mayo
Turkey burger	Baked potato	Oil & vinegar
Tuna salad		

Healthy Dinner Options

Lean Protein	Healthy Carbs	Healthy Fat Source
Roasted turkey breast	Quinoa	Cheese
Chicken breast cacciatore	Corn chowder	Balsamic dressing
BBQ pork chop	100% whole wheat bread	olives
Vegan beef casserole	Corn black bean salad	Sunflower seeds
Chicken tortilla soup	Peas	Light mayo
Salisbury steak	Black bean stuffed pepper	Oil & vinegar

Action Station

Protein	Healthy Carbs	Healthy Fat Source
Marinated beef	Jasmine rice	Sesame oil
Asian chicken	Pickled daikon & carrot	Gochujang sauce
	Kimchi	

Week Four

Healthy Breakfast options

Lean Protein	Healthy Carbs	Healthy Fat Source
Eggs	Oatmeal	Cottage cheese
Ham	Yogurt	Peanut butter
Turkey sausage	Fruit	
Egg substitute	Granola	
Cottage cheese	Raisins	

Healthy Lunch options

Lean Protein	Healthy Carbs	Healthy Fat Source
Chili con carne	Sweet potato mash	Peanut butter
Grilled chicken	Brown rice	Cheese
Garden burger	Black bean soup	Black olives
Chipotle orange chicken	Lentil soup	Sunflower seeds
Chicken gumbo	Red beans and rice	Light mayo
Turkey burger	Baked potato	Oil & vinegar
Tuna salad		

Healthy Dinner Options

Lean Protein	Healthy Carbs	Healthy Fat Source
Roasted turkey breast	Quinoa	Cheese
Chicken breast cacciatore	Corn chowder	Balsamic dressing
BBQ pork chop	100% whole wheat bread	olives
Vegan beef casserole	Corn black bean salad	Sunflower seeds
Chicken tortilla soup	Peas	Light mayo
Salisbury steak	Black bean stuffed pepper	Oil & vinegar

Action Station

Protein	Healthy Carbs	Healthy Fat Source
Marinated beef	Jasmine rice	Sesame oil
Asian chicken	Pickled daikon & carrot	Gochujang sauce
	Kimchi	