

# Meal Planning

## CARBOHYDRATES

PROTEINS	FATS	HIGH STARCH	VEGGIES
Chicken Turkey Beef Pork Eggs Fish Shrimp	Butter Coconut Oil Olive Oil Walnuts Avocado Almond Milk	Oats Quinoa Rice Sweet Potato Lentils Squash	Kale Lettuce Broccoli Spinach Cauliflower Cabbage Zucchini Brussel sprouts

*Mix and Match to create your meals!*

### DAY 1

### DAY 2

#### BREAKFAST

Scrambled Eggs  
Spinach  
Salsa  
Avocado

Oatmeal  
Raspberries  
Walnuts  
Sausage

#### LUNCH

Bread  
Turkey Slices  
Mustard  
Lettuce/Tomato

Rice Cauliflower  
Peas and Carrots  
Eggs  
Soy sauce

#### DINNER

Ground Turkey  
Brown Rice and Quinoa  
Cabbage  
Butter

Chicken Breast  
Pasta  
Spaghetti Sauce  
Asparagus/ Spinach

#### SNACKS

Tuna  
Mayo  
Raw Asparagus

Sweet Potato Chips  
Turkey Slices  
Cucumber slices