

Good Day

Breakfast 7am

2 large whole eggs, scrambled w. broccoli, 2 slices bacon, coffee black, ½ cup blueberries

Snack 10am

Apple, Almond Butter, 2 hard boiled eggs

Lunch 1pm

Spring Greens w/ Avocado, 3 oz Chicken Breast, Nuts, Strawberries on the side, olive oil & vin.

Snack 4pm

Hammer Bar

Dinner 7pm

4 oz. Salmon grilled, Asparagus w. olive oil dressing and sliced almonds.

Bad Day

Breakfast 7am

Blueberry muffin, grande mocha

Lunch 12pm

Buffalo Chicken Salad w. ranch

Dinner 7pm

Beef Stroganoff

Snack 9:30pm

Ben & Jerry's dessert