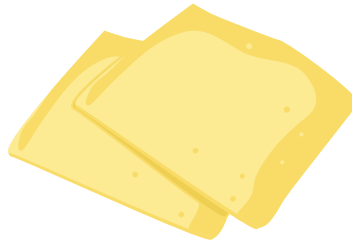
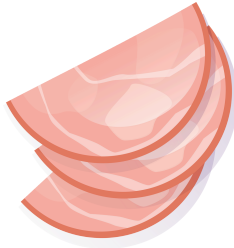


Meal/Snack Ideas



1 cup Cottage Cheese
 3/4 cup Mixed Berries
 1/4 cup Nuts/Seeds
 Drizzle Monk Fruit
 Syrup to taste



2 slices lettuce
 3 slices sandwich meat
 1 slice cheese
 Drizzle mayo or
 mustard to taste



1 cup Greek Yogurt
 3/4 cup Mixed Berries
 1/4 cup Nuts/Seeds
 Drizzle Monk Fruit
 Syrup to taste



1/2 cup lean ground beef
 Finely chop mushrooms,
 onions and add to ground
 beef while cooking
 3/4 cup Chickpea Pasta
 1/4 cup pasta sauce



1 scoop protein powder
 3/4 cup Mixed Berries
 2oz Chia Seeds
 8oz Almond Milk



2 slices 45 calorie bread
 1 cup egg salad made to
 taste
 lettuce, tomatoes,
 onions to taste



Snack: 1 small fruit with handful cheese or
 nuts or 2 Tbsp peanut butter