

DIET CHART

	breakfast	lunch	dinner	snack
monday	oatmeal + banana	grilled chicken salad	rice and chicken	apple + peanut butter
tuesday	granola cereal + milk	sweet potatoes + scrambled eggs	veggie stirfry and grilled beef	almonds
wednesday	peanut butter sandwich	rice and chicken	grilled chicken salad	fresh fruits
thursday	turkey bacons + eggs	tuna salad on wheat bread	soup and salmon	popcorn (sugar free)
friday	oatmeal + banana	soup and salmon	sweet potatoes + scrambled eggs	greek yogurt
saturday	pancakes	bacon, lettuce, tomato wrap	veggie stirfry and grilled beef	cashews
sunday	smoothie bowl	quinoa	stuffed bell peppers	bananas