

	Day 1	Day 2
	Monday	Tuesday
Breakfast	Banana Tahini Toast 3 ser, Bacon 4 strip, Apple 2	rb Asiago Baked Eggs 3 ser Blueberries 2 cups Nonfat Greek Yogurt 2 cups
Lunch	anut Butter Protien Shake 3 ser. Peanut Butter Celery 2 ser Peanut butter and Carrots 1 ser	baked Salmon & Asparagus 3 ser Yogurt and Mango 2 ser Cheese slices 2 ser
Dinner	Poached Salmon 3 ser Green Bean 2 ser Rice 1 ser	squisite Garlic Trout 2 ser Rice 2 ser Braised Endive 1 ser
Snack	icken Ceaser Wrap 2 Basic Protien Shake 2 cups	Deli Rolls w/ cream cheese & asparagus 1 ogurt and Strawberries 2 ser Rice Cakes w/ banana & Almond Buter 1 ser