

Breakfast	Snack	Lunch	Snack	Dinner	Snack
scrambled egg whites salsa 1/2 english muffin all fruit spread tea	cottage cheese grapes walnuts	cucumber gazpacho 5 rice crackers red pepper strips	vanilla smoothie	apple string cheese	yogurt berries flax tea
1/2 cup oatmeal dried cranberries 1 tbsp peanut butter tea	laughing cow apple	Fuzzy Tacos grilled shrimp salad	celery ricotta apricots	grilled pork tenderloin sauteed spinach broiled zuchinni	Baked apple almond butter dried fruit yogurt tea
Breakfast burrito refried beans, whole wheat tortilla, salsa, scrambled egg	cottage cheese grapes walnuts	Turkey wrap packed for Ranger Game Turkey, spinach, avacado, tomato	skip early dinner	Mooyah Turkey burger no bun, lettuce french fries	yogurt berries flax tea
scrambled egg whites salsa 1/2 english muffin all fruit spread	banana peanut butter	Avacado zuchinni burrito	carrots hummus	Confetti Tilapia Roasted Cauliflower broiled tomato	Baked apple almond butter dried fruit yogurt
egg swiss cheese canadian bacon crustless quiche	pear cheese stick	Thai chicken wrap red pepper, peanut butter, soy sauce spinach, ww tortilla	ricotta celery apricots	out - cheat	Skip
1/2 cup oatmeal dried cranberries peanut butter	fruit cheese stick	Buffalo chicken wrap chicken, buffalo sauce spinach, ww tortilla	nuts cranberries	Traveling unknown	

Traveling unknown food
choices