



## Sample Food Options for Complete Nutrition

Use this sheet to create your own meal plan. For each meal and snack, choose a food from each column. If you are sensitive to complex carbohydrates, eliminate that column-choice from your meals/snacks after lunch.

### Breakfasts

Protein	Complex Carb	Fat	Fruit/Vegetable
protein powder (20g protein)	Oatmeal - 1/2 cup dry	1 Tbsp Ground Flax Seed	1/2 cup berries or 1/2 banana
4 egg whites	Cream of Rice - 1/2 cup dry	1 egg yolk	1/2 cup pureed pumpkin (not pie mix)
Greek Yogurt or Cottage Cheese - 1 cup	Whole Grain Bread - 1 slice	1 Tbsp Nut Butter	1/2 grapefruit or 1 medium apple

### Snacks

Protein	Complex Carb	Fat	Fruit/Vegetable
3 oz Chicken Breast	Dr. Kracker Flatbread - 1	String Cheese - 1 oz	1/2 cup fruit
6 oz Greek Yogurt or Cottage Cheese	Breadsticks (dry) - 2	1 Tbsp Nut Butter	1 small/medium apple
3 oz Tuna in Water		1 oz unsalted nuts	Sliced raw vegetables
Hard Boiled Eggs - 2 (do not add fat)		1 oz Cream Cheese (lowfat)	

### Lunches and Dinners

Protein	Complex Carb	Fat	Fruit/Vegetable
4 oz Chicken Breast	Whole Wheat/Grain Pita - 1	1 Tbsp cheese	2 cups steamed vegetables
4 oz Lean Beef	Whole Grain Tortilla - 1	1 Tbsp oil (olive, coconut)	2 cups <b>salad mix*</b>
4 oz Tuna in Water	3 oz Sweet Potato	1/4 avocado	
4 oz Fish / Seafood	1/2 cup grain, beans, or quinoa		
4 oz Tempeh or Seitan	3/4 cup whole grain pasta		

\* Salad Mix - it's so easy to make your own nutritious power-house of a salad! Mix together raw spinach, shredded cabbage, chopped kale, mixed spring-greens, and more to create your own! Iceberg and Romaine have very little nutritional value, so while you're welcome to use lettuce as filler, be sure to mix in some high-nutrition options, too!

Be sure to check [www.RecipeForFitness.com/recipes](http://www.RecipeForFitness.com/recipes) for tons of great ways to prepare your healthy food!

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