



Sample Food Options for Complete Nutrition

Breakfasts

Protein	Complex Carb	Fat	Fruit/Vegetable
protein powder (20g protein)	Oatmeal - 1/2 cup	1 Tbsp Ground Flax Seed	1/2 cup berries
4 egg whites + 1 whole egg	Cream of Rice - 1/2 cup	1 Tbsp Flax Oil	1/2 cup pumpkin (not pie mix)
Greek Yogurt - 1 cup	Whole Grain Bread - 1 slice	1 Tbsp Nut Butter	1/2 grapefruit
Cottage Cheese - 1 cup	Whole Wheat Tortilla - 1		1 medium apple
			1/2 banana
Complete Meals - No Add-Ons			Salsa - 2 Tbsp
Banana-Doodles - 1			
Zucchini Protein Muffins - 3			
Blueberry Protein Muffins - 3			

Snacks

Protein	Complex Carb	Fat	Fruit/Vegetable
3-4 oz Chicken Breast	Dr. Kracker Flatbread - 1	String Cheese - 1	1/2 cup fruit
6 - 8 oz Greek Yogurt	Breadsticks (dry) - 2	1 Tbsp Nut Butter	1 small/medium apple
3/4 cup Cottage Cheese (lowfat)		1 oz unsalted nuts	Sliced raw vegetables
4 oz Tuna in Water		1 oz Cream Cheese (lowfat)	Salsa - 2 Tbsp
Hard Boiled Eggs - 2 (do not add fat)			
Mini Chicken Loaf -1			
Protein Pudding / Ice Cream			

Lunches

Protein	Complex Carb	Fat	Fruit/Vegetable
3-4 oz Chicken Breast	Whole Wheat/Grain Pita - 1	1 Tbsp cheese	Steamed - 2 cup broccoli
4 oz Browned Ground Beef	Whole Grain Bread -1 slice	1 Tbsp oil (olive, coconut)	Steamed - 2 cup cauliflower
3-4 oz Tuna in Water	Whole Grain Tortilla - 1	1/4 avocado	Steamed - 2 cup zucchini
Mini Chicken Loaf -2	4 oz Sweet Potato		Steamed - 2 cup asparagus

	4 oz Potato		2 cups salad mix*
	4 oz Beets		
	1/2 cup brown rice		
	1/2 cup quinoa		
	1/2 cup black beans		
	3/4 cup whole grain pasta		

Dinners

Protein	Complex Carb	Fat	Vegetable
4-5 oz Chicken Breast	3/4 cup whole grain pasta	1 Tbsp cheese	2 cups steamed vegetables
4-5 oz Lean Beef/Bison	Whole Grain Tortilla - 1	1 Tbsp oil (olive, coconut)	2 cups salad mix*
4-5 oz Fish (salmon, tilapia, swai, etc)	4 oz Sweet Potato	1/4 avocado	
4-5 oz Turkey Breast (not lunch meat)	4 oz Potato		
4-5 oz Lean Pork	4 oz Beets		
	1/2 cup brown rice		
	1/2 cup quinoa		
	Breadsticks (dry) - 2		
	1/2 cup black beans		

* 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 for tons of great ways to prepare your healthy food!

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