

	BREAKFAST	MID-MORNING SNACK	LUNCH	AFTERNOON SNACK	POST-WORKOUT	DINNER
SUN 9/13 Worked on feet 6 hours at the orchard	<u>Pumpkin Latte Smoothie:</u> 1 cup coconut milk, 1 cup pumpkin, 1 shot espresso, 1 pkg. vanilla Shakeology , 2 Medjul dates (pitted), ½ tsp. pumpkin pie spice, 1 cup ice	1 apple cider donut	1 pretzel with mustard 1 apple	2 hard-boiled eggs 1 Babybel cheese 1 cup apple cider (no sugar added)		Vitamix Tortilla Soup with black beans***
	1 ■ 1 ■	1 ■+	2 ■+ 1 ■	1 ■ ½ ■ 1 ■		2 ■ ½ ■ ½ ■+
MON 9/14 Cardio	<u>Peach Pie Smoothie:</u> ½ cup plain Greek yogurt, ½ cup unsweetened coconut milk*, 1 peach, 2 medjool dates (or 1 tsp. honey or 1 packet Stevia), 1 cup ice, ½ tsp. cinnamon	1 cup cantaloupe 1 cup coffee with unsweetened coconut milk* and Stevia	<u>Egg Spinach Salad:</u> 2 cups spinach** ½ cup mushroom, 2 hard-boiled eggs 2 Tbsp. bacon salt dressing	1 apple 6 whole wheat crackers and ½ cup cheese	Chocolate Shakeology Protein Smoothie	Vitamix Tortilla Soup with black beans***
	1 ■ 1 ■+	1 ■+	2 ■ 1 ■ 1 ■	1 ■+ 1 ■ 1 ■	1 ■	2 ■ ½ ■ ½ ■
TUES 9/15 Upper	<u>Peach Pie Smoothie:</u> ½ cup plain Greek yogurt, ½ cup unsweetened coconut milk*, 1 peach, 2 medjool dates (or 1 tsp. honey or 1 packet Stevia), 1 cup ice, ½ tsp. cinnamon	2 hard-boiled eggs Cinnamon Bun ☺ 1 cup coffee with unsweetened coconut milk* and Stevia	<u>Winter Green Salad with Honey Apple Cider Vinaigrette:</u> 2 cups mixed greens** 1 apple, sliced 10 pecans 2 Tbsp. Apple Cider Vinaigrette	1 cup cantaloupe Veggie Cup with carrots, cherry tomatoes, celery and cucumbers 1 Tbsp. Peanut butter	Chocolate Shakeology Protein Smoothie	6-8 sautéed shrimp Green Beans
	1 ■ 1 ■+	1 ■ 2 ■	1 ■ 1 ■+ 1 ■ 1 ■	1 ■+ 1 ■ 2 tsp.	1 ■	1 ■ 1 ■
WED 9/16 Belly Dance/ Abs	<u>Peach Pie Smoothie:</u> ½ cup plain Greek yogurt, ½ cup unsweetened coconut milk*, 1 peach, 2 medjool dates (or 1 tsp. honey or 1 packet Stevia), 1 cup ice, ½ tsp. cinnamon	2 hard-boiled eggs 1 Babybel Gouda cheese 1 cup coffee with unsweetened coconut milk* and Stevia	<u>Winter Green Salad with Honey Apple Cider Vinaigrette:</u> 2 cups mixed greens** 1 apple, sliced 10 pecans 2 Tbsp. Apple Cider Vinaigrette	1 cup cantaloupe 6 whole wheat crackers and ½ cup cheese		1 cup mixed greens with cherry tomatoes and 1 Tbsp. Italian dressing 1 cup whole wheat pasta with homemade pesto
	1 ■ 1 ■+	1 ■ ½ ■+	1 ■ 1 ■ 1 ■ 1 ■+	1 ■+ 1 ■ 1 ■+		1 ■ ½ ■ 2 ■ 2 tsp.
THURS 9/17 Lower	<u>Pumpkin Smoothie:</u> ½ cup plain Greek yogurt, ½ cup unsweetened coconut milk*, 1 cup pumpkin, 3 medjul dates (pitted), ½ tsp. pumpkin pie spice, 1 cup ice	2 hard-boiled eggs 1 cup coffee with unsweetened coconut milk* and Stevia	<u>Winter Green Salad with Honey Apple Cider Vinaigrette:</u> 2 cups mixed greens** 1 apple, sliced 10 pecans 2 Tbsp. Apple Cider Vinaigrette	1 cup cantaloupe 1 apples	Chocolate Shakeology Protein Smoothie	<u>DINNER OUT: Legal Remedy:</u> Fish and Chips
	1 ■ 1 ■	1 ■	2 ■ 1 ■ 1 ■ 1 ■	1 ■	1 ■	1 ■ 2 tsp. 2 ■
FRI 9/18 Cardio/ Dirty 30	<u>Raspberry Smoothie:</u> ½ cup plain Greek yogurt, ½ cup unsweetened coconut milk*, 1 cup raspberries, 2 tsp. honey or 1 packet Stevia, 1 cup ice	2 hard-boiled eggs 1 cup coffee with unsweetened coconut milk* and Stevia	<u>LUNCH OUT at Sila Thai:</u> 1 cup veggies in garlic sauce and 1 cup rice	1 cup cantaloupe 1 apples	Chocolate Shakeology Protein Smoothie	<u>Flatout Pizza:</u> 1 whole wheat Flatout with homemade pesto and fresh mozzarella cheese 1 cup mixed greens with cherry tomatoes and 1 Tbsp. Italian dressing
	1 ■ 1 ■+	1 ■	1 ■ 1 ■ 1 tsp.	2 ■+	1 ■	1 ■ 1 ■ 2 tsp. 1 ■ ½ ■
SAT 9/19 Swim/ Pilates	<u>Pumpkin Latte Smoothie:</u> 1 cup coconut milk, 1 cup pumpkin, 1 shot espresso, 1 pkg. vanilla Shakeology , 2 Medjul dates (pitted), ½ tsp. pumpkin pie spice, 1 cup ice	1 apple cider donut 1 cup cantaloupe	1 pretzel with mustard 2 hard-boiled eggs	1 apple 1 Babybel gouda cheese		2 cups Creole Vegetable Soup (added kale)
	1 ■ 1 ■	1 ■+ 1 ■	2 ■+ 1 ■	1 ■ ½ ■		2 ■ ½ ■*** ½ tsp.

1 ■ = 1 cup veg
 1 ■ = 1 cup fruit
 1 ■ = 3/4 cup protein
 1 ■ = 1/2 cup carbs
 1 ■ = 1/3 cup healthy fats
 1 ■ = 2 Tbsp. dressing/seeds
 1 tsp. = oil

+ = means I am slightly over my counts for that color and you may want to modify it.
 I do not generally add this for green containers because I don't think you can ever have too much veg.

* Unsweetened coconut or almond milk in small amounts can be considered a free item since it is only about 30 calories per cup.
 ** I count 2 cups of lettuce or spinach as 1 green since it is only about 15 calories for 2 cups.
 *** On a modified veg/vegan list, quinoa and beans can be used as a protein instead of carbs.

Daily water intake: 80-85 oz.

Vitamins: One-A-Day Multi for Women, Active Balance Probiotic, Vit-D weekly dose from Rodin Fields