

	BREAKFAST	MID-MORNING SNACK	LUNCH	AFTERNOON SNACK	POST-WORKOUT	DINNER
<b>SUN 9/27</b>  Worked at the orchard on feet all day	Chocolate <b>Shakeology</b> Protein Smoothie	1 apple cider donut  2 hard-boiled eggs	1 pretzel with mustard  1 glass natural apple cider	1 apple  10 baby carrots		2 cups <a href="#">Summer Squash Soup with Coconut Milk</a>
	1 ■	1 ■+ 1 ■	2 ■+ 1 ■	1 ■ 1 ■		1 ■ 1 ■ 1/2 ■+ 1 ■+ 1/2 tsp.
<b>MON 9/28</b>  21DFX Cardio	<u>Mixed Berry Smoothie:</u> 1/2 cup plain Greek yogurt, 1/2 cup unsweetened coconut milk*, 1/2 cup raspberries, 1/2 cup blackberries, 1 Tbsp. honey, 1 cup ice	1 apple cider donut  1 cup coffee with unsweetened coconut milk* and Stevia	<u>Greek Salad:</u> 2 cups romaine lettuce**, 1/2 cup cucumber, 1/2 cup chopped tomatoes, 2 Tbsp. feta cheese, pickled banana peppers, 1/2 cup garbanzo beans***, 5 kalamata olives, 2 Tbsp. Greek dressing	10 baby carrots  1 apple	Chocolate <b>Shakeology</b> Protein Smoothie	1 cup <a href="#">Okra Creole</a> (no bacon) with field peas 1/2 cup rice
	1 ■ 1 ■+	1 ■	2 ■ 1/2 ■ 1/2 ■ 1/2 ■	1 ■ 1 ■+	1 ■	1 ■ 1/2 ■ 1/2 tsp. 1 ■
<b>TUES 9/29</b>  Upper/Walk	<u>Mixed Berry Smoothie:</u> 1/2 cup plain Greek yogurt, 1/2 cup unsweetened coconut milk*, 1/2 cup raspberries, 1/2 cup blackberries, 1 Tbsp. honey, 1 cup ice	1 cup cantaloupe  1 cup coffee with unsweetened coconut milk* and Stevia	<u>LUNCH OUT at Sila Thai:</u> 1 cup veggies in garlic sauce with tofu and 1 cup rice	10 baby carrots  1 apple  12 almonds	Chocolate <b>Shakeology</b> Protein Smoothie	2 cups <a href="#">Miso Soup</a> : 2 cups veg broth, 2 cups water, 1 cup mushrooms, 1 cup tofu, 1 cup spinach, 1/4 cup green onions (sliced), 1 Tbsp. miso paste, soy sauce to taste
	1 ■ 1 ■+	1 ■+	1 ■ 1/2 ■ 2 ■ 1 tsp.	1 ■ 1 ■+ 1 ■	1 ■	2 ■ 1/2 ■
<b>WED 9/30</b>  Belly Dance/Abs	<u>Orange Smoothie:</u> 1/2 cup plain Greek yogurt, 1/2 cup unsweetened coconut milk*, 1 orange, 1/2 frozen banana, 1 tsp. vanilla extract, 1 tsp. honey or 1 packet Stevia, 1 cup ice	2 hard-boiled eggs  1 cup coffee with unsweetened coconut milk* and Stevia	1 1/2 cups <a href="#">Summer Squash Soup with Coconut Milk</a>  Side Garden Salad: 1 cup mixed greens, a few cucumbers, and a few tomatoes with Italian dressing	1 cup cantaloupe  10 baby carrots	Chocolate <b>Shakeology</b> Protein Smoothie	1 cup <a href="#">Okra Creole</a> (no bacon) with field peas 1/2 cup rice
	1 ■ 1 ■	1 ■	2 ■ 1/2 ■ 1/2 ■ 1/2 ■	1 ■ 1 ■	1 ■	1 ■ 1/2 ■ 1/2 tsp. 1 ■
<b>THURS 10/01</b>  Lower/Walk	<u>Green Apple Smoothie:</u> 1/2 cup plain Greek yogurt, 1/2 cup unsweetened coconut milk*, 1 apple, 1 handful spinach, 3 Medjool dates (pitted), 1 cup ice, 1/4 tsp. cinnamon	2 hard-boiled eggs  1 cup PSL coffee: 1 cup unsweetened coconut milk*, 1 shot espresso, 1/4 tsp. pumpkin spice blend and 1 packet Stevia	2 cups Miso Soup  Side Garden Salad: 1 cup mixed greens, a few cucumbers, and a few tomatoes with Italian dressing	1 cup cantaloupe  6 whole wheat crackers with 1/2 cup cheese cubes  1/2 cup grapes	Chocolate <b>Shakeology</b> Protein Smoothie	1 cup <a href="#">Okra Creole</a> (no bacon) with field peas 1/2 cup rice
	1 ■ 1 ■+ 1 ■	1 ■	2 ■ 1/2 ■ 1/2 ■ 1/2 tsp.	1 1/2 ■+ 1 ■ 2 ■+	1 ■	1 ■ 1/2 ■ 1/2 tsp. 1 ■
<b>FRI 10/02</b>  Cize Dance or Cardio	<u>Green Apple Smoothie:</u> 1/2 cup plain Greek yogurt, 1/2 cup unsweetened coconut milk*, 1 apple, 1 handful spinach, 3 Medjool dates (pitted), 1 cup ice, 1/4 tsp. cinnamon	2 hard-boiled eggs  1 cup coffee with unsweetened coconut milk* and Stevia	<u>LUNCH OUT NEWKS:</u> Small Grilled Cheese Sandwich (added hot peppers) 1 cup tomato soup	1 cup cantaloupe  10 baby carrots	Chocolate <b>Shakeology</b> Protein Smoothie	1 cup green beans  1 piece baked tilapia  2 Tbsp. Autumn's Dijon Dressing
	1 ■ 1 ■ 1 ■	1 ■	2 ■ 1 ■ 1 ■ 1 tsp.	1 ■ 1 ■	1 ■	1 ■ 1 ■ 1 ■ 1/2 tsp.
<b>SAT 10/03</b>  Worked at the orchard on feet all day	<u>Green Apple Smoothie:</u> 1/2 cup plain Greek yogurt, 1/2 cup unsweetened coconut milk*, 1 apple, 1 handful spinach, 3 Medjool dates (pitted), 1 cup ice, 1/4 tsp. cinnamon	1 apple cider donut	1 apple  10 baby carrots	2 hard-boiled eggs  12 almonds		2 cups <a href="#">Miso Soup</a> : 2 cups veg broth, 2 cups water, 1 cup mushrooms, 1 cup tofu, 1 cup spinach, 1/4 cup green onions (sliced), 1 Tbsp. miso paste, soy sauce to taste
	1 ■ 1 1/2 ■+ 1 ■	1 ■	1 ■ 1 ■	1 ■ 1 ■		2 ■ 1/2 ■

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