

	BREAKFAST	MID-MORNING SNACK	LUNCH	AFTERNOON SNACK	POST-WORKOUT	DINNER
<b>SUN 10/04</b>  Worked at the orchard on feet all day	½ whole wheat bagel sandwich with 2 eggs, spinach and cheese	1 apple cider donut	2 small pieces mushroom pizza  1 glass natural apple cider	1 apple  2 hard-boiled eggs		<a href="#">Vietnamese Noodle Bowl</a> : 1½ cups lettuce, ½ cup cucumbers, ¼ cup shaved carrots, ¼ cup green onions, ½ cup brown rice vermicelli noodles, chopped cilantro, lime wedges, dressing, crushed peanuts (optional)
	1 ■+ 1 ■ ½ ■ ½ ■	1 ■+	2 ■+ 1 ■	1 ■ 1 ■		2 ■ 1 ■+ 2 tsp.
<b>MON 10/05</b>  21DFX Dirty 30	<a href="#">Green Apple Smoothie</a> : ½ cup plain Greek yogurt, ½ cup unsweetened coconut milk*, 1 apple, 1 handful spinach, 3 Medjool dates (pitted), 1 cup ice, ¼ tsp. cinnamon	2 hard-boiled eggs  1 cup coffee with unsweetened coconut milk* and Stevia	1 cup <a href="#">Okra Creole</a> (no bacon) with field peas 1/2 cup rice	1 cup cantaloupe  1 cup celery 2 Tbsp. peanut butter	Chocolate <b>Shakeology</b> Protein Smoothie	Sautéed bok choy with garlic and soy sauce 1/2 cup rice
	1 ■ 1 ■ 1 ■	1 ■	1 ■ ½ ■ ½ tsp. 1 ■	1 ■ 1 ■ 1 ■	1 ■	1 ■ 1 ■ 1 tsp.
<b>TUES 10/06</b>  Upper/Walk	<a href="#">Mixed Berry Smoothie</a> : ½ cup plain Greek yogurt, ½ cup unsweetened coconut milk*, ½ cup raspberries, ½ cup blackberries, 1 Tbsp. honey, 1 cup ice	2 hard-boiled eggs  1 cup coffee with unsweetened coconut milk* and Stevia	<a href="#">Winter Green Salad with Honey Apple Cider Vinaigrette</a> : 2 cups mixed greens** 1 apple, sliced 10 pecans 2 Tbsp. Apple Cider Vinaigrette	1 cup cantaloupe  10 baby carrots	Chocolate <b>Shakeology</b> Protein Smoothie	Side Salad: 1 cup romaine Lettuce, ½ cup cucumbers, 2 Tbsp. feta cheese  1 cup whole wheat pasta and homemade pesto
	1 ■ 1 ■+	1 ■	1 ■ 1 ■+ 1 ■ 1 ■	1 ■+ 1 ■	1 ■	1 ■ ½ ■ 2 ■ 2 tsp.
<b>WED 10/07</b>  Walked/Abs	<a href="#">Green Apple Smoothie</a> : ½ cup plain Greek yogurt, ½ cup unsweetened coconut milk*, 1 apple, 1 handful spinach, 3 Medjool dates (pitted), 1 cup ice, ¼ tsp. cinnamon	2 hard-boiled eggs  1 cup coffee with unsweetened coconut milk* and Stevia	2 ½ cups <a href="#">Creole Vegetable Soup</a> (added kale)	1 cup cantaloupe  1 cup celery sticks with 2 Tbsp. peanut butter	Chocolate <b>Shakeology</b> Protein Smoothie	1 cup green beans  1 piece baked tilapia  1 cup wheat couscous
	1 ■ 1 ■ 1 ■	1 ■	2 ■ ½ ■*** ½ tsp.	1 ■ 1 ■ 1 ■	1 ■	1 ■ 1 ■ ½ tsp. 2 ■
<b>THURS 10/08</b>  Kettle Bell Workout	<a href="#">Mixed Berry Smoothie</a> : ½ cup plain Greek yogurt, ½ cup unsweetened coconut milk*, ½ cup raspberries, ½ cup blackberries, 1 Tbsp. honey, 1 cup ice	2 hard-boiled eggs  1 cup PSL coffee: 1 cup unsweetened coconut milk*, 1 shot espresso, ¼ tsp. pumpkin spice blend and 1 packet Stevia	<a href="#">Winter Green Salad with Honey Apple Cider Vinaigrette</a> : 2 cups mixed greens** 1 apple, sliced 10 pecans 2 Tbsp. Apple Cider Vinaigrette	1 cup cantaloupe  10 baby carrots	Chocolate <b>Shakeology</b> Protein Smoothie	2 ½ cups <a href="#">Creole Vegetable Soup</a> (added kale)
	1 ■ 1 ■+	1 ■	1 ■ 1 ■+ 1 ■ 1 ■	1 ■+ 1 ■	1 ■	2 ■ ½ ■*** ½ tsp.
<b>FRI 10/09</b>  Walked/Abs	<a href="#">Raspberry Smoothie</a> : ½ cup plain Greek yogurt, ½ cup unsweetened coconut milk*, ½ banana, 1 cup raspberries, ½ cup blackberries, 1 Tbsp. honey, 1 cup ice	Bread Pudding  1 cup coffee with unsweetened coconut milk* and Stevia	2 ½ cups <a href="#">Creole Vegetable Soup</a> (added kale)	1 apple  1 hard-boiled egg	Chocolate <b>Shakeology</b> Protein Smoothie	Sautéed bok choy with garlic and soy sauce 1/2 cup rice
	1 ■ 1 ■+	2 ■+	2 ■ ½ ■*** ½ tsp.	1 ■ ½ ■	1 ■	1 ■ 1 ■+ 1 tsp.
<b>SAT 10/10</b>  Worked at the orchard on feet all day	<a href="#">Green Apple Smoothie</a> : ½ cup plain Greek yogurt, ½ cup unsweetened coconut milk*, 1 apple, 1 handful spinach, 3 Medjool dates (pitted), 1 cup ice, ¼ tsp. cinnamon	1 pumpkin donut	2 small pieces cheese and jalapeño pizza	2 hard-boiled eggs  1 apple		2 ½ cups <a href="#">Creole Vegetable Soup</a> (added kale)
	1 ■ 1 ½ ■+ 1 ■	1 ■+	2 ■+ 1 ■	1 ■ 1 ■		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