



Let's Get It Done – Working From The Inside Out!
Recommended Weekly Meal Menu

Breakfast

- 1. 1 cup of Oat meal, 1 Boiled egg, 1 slice of whole wheat toast.....
- 2. Mix Fruit, Brain cereal, Low Fat/Fat Free Milk.....

Lunch and Dinner Entrees

- 1. Grilled Lemon Pepper Chicken, Steamed Broccoli, Baked Yam .
- 2. Grilled Chicken, Steamed string beans with garlic, Fresh green salad.....
- 3. Grilled Chicken Kabob, mixed green, red, yellow peppers, wild rice, Fresh green salad.....
- 4. Grilled Chicken Steamed Cauliflower, Fresh green salad
- 5. White Fish, Steamed Broccoli, Fresh green salad.....
- 6. Flounder, Zucchini, Steamed Carrots, Fresh green salad
- 7. Salmon, Steamed string beans with garlic, Baked Yam
- 8. White Fish, Steamed Asparagus
- 9. Salmon, Steamed Broccoli, Brown Rice
- 10. Flounder, Baked Potatoes, Steamed Broccoli, Fresh green salad.....
- 11. Salmon, Steamed Cauliflower, Fresh green salad.....



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Side Salad (options)

- 1. Salad (spinach, mushrooms, tomatoes, and sliced onion)
- 2. Salad (romaine, shredded carrots, sliced apples, and walnuts) ..
- 3. Salad (lettuce, shredded carrots, tomatoes, sliced onion, and green peppers)
- 4. Avocado