

MENU PLANNING



At Home:



Calorie Options	Calorie per Serving	Total Carb:	Waffle Sandwich
115	115	11	1 Kashi Go Vanilla Protein Waffles
255	140	0	2 Scrambled Eggs
290	35	0	1 slice Canadian Bacon
405	115	11	1 Kashi Go Vanilla Protein Waffles
455	50	0	2 Tbsp Reduced Fat Mozzarella Cheese
505	50	13	Motts Unsweetened Applesauce
		35	Total Carb



Calorie Options	Calorie per Serving	Total Carb:	Breakfast Scramble
140	140	0	2 eggs, scrambled
230	100	1	3 links, Applegate chicken and sage sausage
300	60	12	1 slice, Dave's Killer Thin Sliced 21 Grain Bread
390	90	4	1 Tbsp, Barney Butter Smooth Almond Butter
510	120	14	Dannon Oikos Triple Zero Yogurt
		31	Total Carb

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Calorie Options	Calorie per Serving	Total Carb:	Breakfast Protein Wrap
50	50	11	Flatout wraps multigrain with flax
60	10	0	Spinach Leaves
135	75	0	feta president fat free feta crumbles (3 tbsps)
235	100	0	1/3 Avocado
295	60	15	1 Oranage
375	80	6	1 cup Fairlife Fat Free Milk
495	120	4	1 scoop Vega Protein & Greens: Vanilla Protein Powder
		36	Total Carb

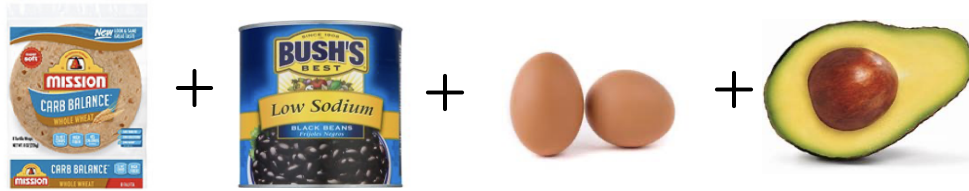


Calorie Options	Calorie per Serving	Total Carb:	Smoothie Breakfast
120	120	4	1 scoop Vega Protein & Greens: Vanilla Protein Powder
200	80	6	1 cup Fairlife Fat Free Milk
260	60	15	1/2 package Blendables Great Escape
320	60	4	1 Tbsp Chia Seed
395	75	0	1/4 Avocado
495	100	8	Mini Kind Bar
		37	Total Carb

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Calorie Options	Calorie per Serving	Total Carb:	Breakfast Tacos
140	140	0	2 scrambled eggs
210	70	15	Bush's Reduced Sodium Black Beans
300	90	24	(2) Mission Carb Balance Whole Wheat Tortillas
400	100	0	1/3 Avocado
450	50	0	2 Tbsp Shredded Low Fat Mozzarella
500	50	0	7 Almonds/Cashews
		39	Total Carb



Calorie Options	Calorie per Serving	Total Carb:	Sweet Potato Hash
100	100	20	Medium Sweet Potato
180	80	6	5 oz Plain Yogurt
275	95	3	1 T Melted Almond Butter
335	60	0	1 Tbsp Chia Seed
435	100	0	3 links Applegate chicken and sage sausage
505	60	15	1 Orange
		41	Total Carb

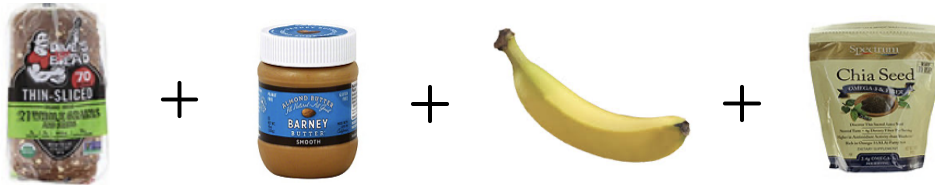
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Calorie Options	Calorie per Serving	Total Carb:	Ham & Cheese Omelet
140	140	0	2 eggs
190	50	0	1 slice, Reduced-Fat Colby Cheese
240	50	0	3 slices, HEB Natural Black Forest Uncured Ham
300	60	11	1/2 Thomas Whole Wheat English Muffin
360	60	11	1/2 Thomas Whole Wheat English Muffin
380	20	10	2 Tbsp, Polaner Strawberry Preserves with Fiber
460	80	9	1 pkg Dannon Light & Fit Yogurt
510	50	0	6 Almonds
		41	Total Carb



Calorie Options	Calorie per Serving	Total Carb:	Toast and Cottage Cheese
120	120	24	2 slices Daves Killer Thin sliced 21 grain bread
300	180	4	2 Tbsp Nut Butter
360	60	15	1/2 Banana
420	60	0	1 Tbsp Chia Seed
510	90	0	1/2 cup Daisy Low Fat Cottage Cheese
		43	Total Carb

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Calorie Options	Calorie per Serving	Total Carb:	Breakfast Sandwich
65	65	0	4 slices, Applegate Naturals Oven-Roasted Chicken Breast Lunch Meat
115	50	0	1 slices, Reduced-Fat Colby Cheese
255	140	28	1/4 cup, Spinach
265	10	0	1 Whole Wheat Sandwich Thins
305	40	0	1 Tbsp Kraft Avocado Oil Mayo
395	90	15	Dannon Light & Fit Mixed Berry Smoothie
495	100	0	12 Almonds
		43	Total Carb



Calorie Options	Calorie per Serving	Total Carb:	Oatmeal Breakfast
100	100	19	Quaker instant original oatmeal
130	30	1	1 cup Unsweetened Almond Milk
230	100	0	12 almonds/cashews
300	60	15	2 Tbsp Raisins
390	90	0	3 slices Jennie-O Turkey Bacon
490	100	0	1/3 Avocado
		44	Total Carb

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Calorie Options	Calorie per Serving	Total Carb:	Avocado Toast
120	120	24	2 slices Daves Killer Thin sliced 21 grain bread
270	150	0	1/2 avacodo Mashed
310	40	0	1 T Pumpkin Seeds
410	100	2	100 Calorie Muscle Milk
490	80	20	Medium Apple
		46	Total Carb



Calorie Options	Calorie per Serving	Total Carb:	Bagel & Cream Cheese
100	100	20	1 Pepperidge Farms Mini Bagel
150	50	2	2 Tbsp Philadelphia Whipped Cream Cheese
310	160	5	Premier Protein Drink
420	110	11	Breakstone's Cottage Doubles 2% Pineapple Cottage Cheese
520	100	0	14 Almonds/Cashews
		37	Total Carb