

Healthy Balanced Meals:

Protein: (20-35g)

Free Range Chicken Breast (5oz.)
Salmon or Other Wild Fish (5oz.)
Gluten Free Chicken or Turkey Burger (5oz.)
Tofu or Meat Alternative (1 ½ cups)
Free Range Egg/Egg Whites (1 egg-5 whites)
Free Range White Turkey (4 slices)

Complex Carbohydrates: (-45g carbs)

Organic Oatmeal (1 cup cooked)
Organic Brown, Wild or Basmati Rice (1 cup cooked)
Quinoa (1 cup cooked)
Gluten Free or Whole Grain Pasta (1 cup cooked)
Corn Tortilla (1 or 2 small)
Baked Yam or Sweet Potato (1 cup cooked)
Beans or Lentils (1 cup cooked)

Healthy Fats: (10g fat)

Olive or Flax oil (1 tbsp)
Isa Crunch (2 tbsp)
Organic Almond Butter (1 tbsp)
Avocado (½)
Seeds, Unsalted, Pumpkin, Sunflower or Sesame (12)
Reduced-Fat Feta Cheese (2 tbsp)

Vegetables: (unlimited)

Dark greens, Broccoli, Kale, Spinach (2-3 cups)
Mixed Salad greens (2-3 cups)
Pepper, tomatoes and onion (2-3 cups)
Steamed mix vegetables (2-3 cups)
Sliced Tomato (2 cups)
Asparagus (6 spears)
Green Beans (1 cup)

Other: (25 g carb)

Organic Apple or Pear (1)
Melon or Papaya Fresh (1 ½ cups)
Organic Berries (1 cup)
E + Energy Shot (1)
Fresh Herbs, Basil, Rosemary, Cilantro or Parsley
Herbal Tea with 1-2 teaspoons Honey, Hot or Iced (1 cup)
Isa Lean Bar (½)

