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EASY EATING PLAN

Week 3



Happy Holidays
by vital juice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Mushroom Omelet: 1 whole egg, 2 egg whites, mixed mushrooms, 1 oz. goat cheese w/ 1 slice 7-grain toast & 1 c. skim milk	Green Tea Loaf: Look under "recipes" on www.vitaljuice.com for the recipe.	Strawberries & Cream Oatmeal: 1 packet of plain instant oatmeal made w/ skim milk, topped w/ 1/2 cup chopped strawberries & 1 Tbs. ground flaxseeds	Yogurt Parfait: 6 oz. plain nonfat yogurt layered w/ 1 Tbs. chopped walnuts, 2 chopped dried figs & 2 Tbs. wheat germ	Breakfast Burrito: Egg whites, 1 oz. reduced fat Monterrey jack cheese & salsa wrapped in 8" whole wheat tortilla w/ a small skim latte	Harvest Oatmeal: 1 packet plain instant oatmeal made w/ water, 1-2 Tbs. canned pumpkin puree, & 1 Tbs. chopped pecans w/ 1 c. skim milk	Yogurt & Fruit: 6 oz. nonfat plain yogurt w/ 1 c. cantaloupe cubes
Snack	Apple slices w/ 2 tsp. natural peanut butter	Small skim latte w/ cinnamon & vanilla powder	4 oz. non-fat cottage cheese sprinkled w/ 1 Tbs. pumpkin seeds	Green Tea Loaf Look under "recipes" on www.vitaljuice.com for the recipe.	15 raw unsalted almonds	Small pear w/ cinnamon	15 Tamari almonds
Lunch	DIY Salad: Start w/ romaine, spinach or other mixed greens, add veggies (peppers, tomato, cucumber or broccoli), add 4 oz. lean protein (grilled chicken, turkey, firm tofu, fish or beans). Dress with 1 Tbs. vinaigrette or 2 tsp. olive oil & vinegar of choice	Grilled Chicken Salad: Mixed greens, tomato, cucumber & roasted peppers, 1/2 c. chickpeas, 3 oz. grilled chicken breast, 1 Tbs. balsamic vinaigrette	Hearty Bean Soup: 1 c. black bean soup w/ side green salad w/ 1 Tbs. vinaigrette	Quick Cobb Salad: Look under "recipes" on www.vitaljuice.com for the recipe.	Mediterranean Salad: Chopped cucumber, red & yellow peppers, grape tomatoes, 8 olives w/ 4 oz canned wild salmon (packed in water and drained) & 1 Tbs. balsamic vinaigrette	Turkey Sandwich: 4 oz. roasted turkey, 2 slices whole wheat bread, lettuce, tomato, 2 slices avocado & mustard	French Toast: Soak one slice whole wheat bread in 2 beaten egg whites, spray pan w/ cooking spray & cook for about 1 min per side until lightly browned. Sprinkle w/ cinnamon & serve with 4 oz. nonfat cottage cheese mixed w/ 1 tsp. all-fruit preserves
Snack	Green tea w/ 1/2 oz. dark chocolate (at least 70% cocoa)	100-calorie pack microwave popcorn sprinkled w/ 1 Tbs. Parmesan cheese	1 high-fiber cracker w/ 2 tsp. natural peanut butter & 1 Tbs. apple butter	Small skim latte sprinkled w/ cinnamon and vanilla powder	Apple slices w/ 2 tsp. natural peanut butter	Green Tea Loaf Look under "recipes" on www.vitaljuice.com for the recipe.	Green tea w/ 1/2 oz. dark chocolate (at least 70% cocoa)
Dinner	Pork: 4 oz. pork loin, roasted butternut squash w/ 2 tsp. olive oil, sea salt, thyme & black pepper, steamed asparagus	Tilapia: 4 oz. tilapia filet cooked in 2 tsp. olive oil, garlic powder & lemon juice, steamed green beans, chopped tomato & onion salad	Chicken Burger: 4 oz. chicken burger (white meat only) made w/ chopped tomato, garlic, onion & basil; served over spinach salad w/ 1 Tbs. red wine vinaigrette	Flank Steak: 4 oz. flank steak, steamed green beans, spinach salad w/ 1 oz. goat cheese & raspberry vinegar	Turkey Burger & Fries: 4 oz. turkey burger (white meat only) made w/ herbs, garlic & onions, 1/2 sweet potato sliced lengthwise into fries, spray w/ olive oil spray & sprinkle w/ sea salt & thyme, bake at 450F until crisp serve w/ chopped arugala, tomato, & onion salad.	Salmon: 4 oz. broiled salmon brushed w/ 1 Tbs. low-sodium soy sauce, 1 tsp. Dijon mustard & 1 tsp. honey, steamed carrots & snap peas	Chicken Tenders: 4 oz. chicken tenders cooked in 2 tsp. olive oil, chopped garlic & rosemary, 1/2 cup cooked quinoa, steamed broccoli

Meal plan and recipes provided by:



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