

Fabulous Fit Squad SAMPLE Menu***

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Meal 1	Egg Whites	Low fat cottage cheese	Egg Whites	Kashi cereal	Egg Whites	Low fat cottage cheese	Egg Whites
	Whole Wheat Toast	berries	chopped veggies	skim milk	Whole Wheat Toast	berries	chopped veggies
	2 kiwis	chia seeds	Whole wheat toast	berries	2 kiwis	chia seeds	Whole wheat toast
	chopped veggies				almond butter chopped veggies		almond butter
Meal 2	Protein shake	Kashi cereal	Hardboiled eggs	Protein shake	sliced turkey	tuna	sliced turkey
	coconut oil	skim milk	hummus	coconut oil	whole wheat wrap	chopped cucumbers	whole wheat wrap
			carrot sticks	spinach	romaine lettuce apple	apple	romaine lettuce apple
Meal 3	sliced turkey	grilled chicken	tuna	grilled chicken	Hardboiled eggs	lean ground beef	grilled chicken
	whole wheat wrap	broccoli	chopped cucumbers	broccoli	hummus	onions and mushrooms	broccoli
	romaine lettuce	grapes	grapes	grapes	carrot sticks	olive oil	grapes
	apple	quinoa	olive oil and vinegar	sweet potato		sweet potato	quinoa
Meal 4	tuna	Protein shake	sliced turkey	Kashi cereal	shrimp cocktail	Hardboiled eggs	Protein shake
	chopped cucumbers	almond butter	whole wheat wrap	skim milk	broccoli	hummus	coconut oil
	olive oil and vinegar	powdered greens	romaine lettuce apple			carrot sticks	
Meal 5	shrimp cocktail	lean ground beef	Protein shake	Grilled chicken	Protein shake	Grilled chicken	shrimp cocktail
	broccoli	onions and mushrooms	coconut oil	sweet potato	coconut oil	sweet potato	broccoli
		olive oil		cauliflower coconut oil		cauliflower	

This menu is a suggestion. If you don't like any food on here, please make substitution.
 This is just an EXAMPLE to help you build your own menus.

- protein
- starch
- Good fat
- Veggie
- fruit
- Condiment

****As with any exercise or weight loss program, you should consult with your doctor and consider any current or past health conditions or injuries before participating.