

Breakfast 1			
	Omelet	2 eggs, ¼ small onion, ¼ red bell pepper, 1 Tbsp grated cheese	Mug omelet recipe on DHF blog!
	Wheat toast	1 slice	
	Peanut butter	1 Tbsp	
	1 orange		
			430 calories
Lunch 1	Hummus wrap	1 tortilla, 2 Tbsp hummus, shredded carrot, sliced cucumber, sliced bell pepper, edemame	
	Glass of milk	8 oz (1 cup)	
			490 Calories
Snack 1	Apple		
	Peanut butter	2 Tbsp	190
Dinner 1	Black beans	½ cup	
	Quinoa	½ cup	
	Steamed mixed vegetables	1 cup of vegetables, 1 Tbsp of butter	
	Hot sauce, or sauce of choice	As needed for beans and quinoa	
			440 Calories
			1,536 Daily total
Breakfast 2			
	Greek yogurt	¾ cup of low fat greek yogurt, with ½ cup of blueberries on top	
	¼ cup Almonds	Roasted almonds	
			378 calories
Lunch 2	Peanut butter and jelly sandwich	2 slices of whole wheat bread, 1 Tbsp peanut butter, 1 Tbsp jelly	
	Cheese stick		
			400 calories
Snack 2			
	Banana		
	Hardboiled egg		
			175 calories

Dinner 2	Microwave baked potato	1 medium russet potato with 2 Tbsp sour cream, ¼ cup shredded cheese	
	Rice and beans	½ cup brown rice, ½ cup beans, ¼ cup salsa	
			560 calories
			1,505 daily total
Breakfast 3			
	2 fried eggs	2 eggs + 1 Tbsp olive oil + 2 Tbsp shredded cheese	
	Orange		
			374 calories
Lunch 3			
	Salad	1 cup spinach or mixed greens, ½ cup garbanzo beans, ¼ cup croutons, ¼ cup shredded cheese, 1 cut up hardboiled egg, 2 Tbsp French dressing or dressing of choice	
			460 calories
Snack 3			
	Greek yogurt	½ cup low fat Greek yogurt with ¼ berries on top	
			115 calories
Dinner 3			
	Almost enchilada	Tortilla wrapped around ½ cup rice, ¼ cup beans, and ¼ cup salsa, topped with ¼ cup cheese and microwaved	
	Steamed mixed vegetables	1 cup vegetables + 1 Tbsp butter on top	
			635 calories
			1,581 Daily total
Breakfast 4			

	Pb and banana oatmeal	1 cup cooked oatmeal (1/2 cup dry) with 1 Tbsp of peanut butter, and one chopped up banana. Also tastes great topped with cinnamon!	
	1 Cup milk	2% milk	
			477 calories
Lunch 4			
	Hummus and egg sandwich	2 slices whole wheat bread, 2 Tbsp of hummus, one egg (fried, or hard boiled and cut up), some spinach, and some chopped red bell pepper	
	Greek yogurt	½ cup greek yogurt with ¼ cup blue berries on top	
			431 calories
Snack 4			
	Cheese stick		
	¼ cup almonds	Or other nut you prefer	
			255 calories
Dinner 4			
	Bean and mushroom stew	4 cups of vegetable broth (add as needed), 6 chopped medium russet potatoes, 1 can of pinto beans, 1 package (~1 ½ cups) of diced mushrooms, 1 can crushed tomatoes, shredded kale. Cook on low until the potatoes are soft and cooked, season as desired. Makes 4 servings.	386 calories
			1,550 daily total

