

	BREAKFAST	MID-MORNING SNACK	LUNCH	AFTERNOON SNACK	POST-WORKOUT	DINNER
<b>SUN</b> 8/16  Yoga	2 eggs broiled in salsa 1 whole wheat pita, toasted  1 cup coffee with unsweetened coconut milk and Stevia	1 glass Watermelon <a href="#">Agua Fresca</a>	<u>Mixed Green Salad with Jicama &amp; cilantro-lime vinaigrette:</u> 2 cups mixed greens** ½ cup chopped tomatoes ¼ cup chopped jicama 10 sugared pecans 2 Tbsp. <a href="#">Cilantro-Lime Vinaigrette</a>  1 glass Watermelon <a href="#">Agua Fresca</a>	1 cup <a href="#">Spicy Pasta Salad</a> with <a href="#">Cize Avocado Dressing</a> and black beans		2 cups <a href="#">Creole Vegetable Soup</a> : 1 cup celery, 1 cup carrots, 1 cup onion, 1 bell pepper, 2 jalepenos, 1 Tbsp. minced garlic, 2 cups okra, 2 Tbsp. olive oil, 2 cups crowder peas, 1 can diced tomatoes, 4 cups veg stock, 1 cup water, 1 Tbsp. vegan bacon salt, and 1 Tbsp. Creole or Cajon seasoning.
	1 ■ ½ ■ 1 ■	1 ■	1 ■ 1 ■ 1 ■ 1 ■	1 ■ ½ ■*** 1 ■		2 ■ 1 ■*** ½ tsp.
<b>MON</b> 8/17  Cardio	<u>Peach Pie Smoothie:</u> ½ cup plain Greek yogurt, ½ cup unsweetened coconut milk*, 1 peach, 2 medjool dates (or 1 tsp. honey or 1 packet Stevia), 1 cup ice, ½ tsp. cinnamon	2 hard-boiled eggs  1 cup coffee with unsweetened coconut milk and Stevia	1½ cups <a href="#">Pasta e Fagiole</a> : Veggie stock, carrots, celery, onion, garlic, zucchini, cannellini beans***, parmesan cheese  Side salad with 1 cup mixed greens, ½ cup cucumbers, ½ cup tomatoes and 1 Tbsp. Balsamic vinaigrette.	1 peach	Chocolate Shakeology Protein Smoothie	1 cup <a href="#">Okra Creole</a> (no bacon) 1/2 cup rice
	1 ■ 1 ■	1 ■	1 ■ ½ ■*** 2 ■ ½ ■	1 ■	1 ■	1 ■ ½ tsp. 1 ■
<b>TUES</b> 8/18  Upper	<u>Peach Pie Smoothie:</u> ½ cup plain Greek yogurt, ½ cup unsweetened coconut milk*, 1 peach, 2 medjool dates (or 1 tsp. honey or 1 packet Stevia), 1 cup ice, ½ tsp. cinnamon	2 hard-boiled eggs  1 cup coffee with unsweetened coconut milk and Stevia	1½ cups <a href="#">Pasta e Fagiole</a> : Veggie stock, carrots, celery, onion, garlic, zucchini, cannellini beans***, parmesan cheese  Side salad with 1 cup mixed greens, ½ cup cucumbers, ½ cup tomatoes and 1 Tbsp. Balsamic vinaigrette.	10 baby carrot sticks  ½ veggie whole wheat sandwich with cheese, lettuce, peppers, tomatoes, cucumber, Italian mayo dressing.	Vanilla Shakeology Protein Smoothie	2 cups <a href="#">Creole Vegetable Soup</a>
	1 ■ 1 ■	1 ■	1 ■ ½ ■*** 2 ■ ½ ■	1 ■ 1 ■ 1 ■ ½ ■	1 ■	2 ■ 1 ■*** ½ tsp.
<b>WED</b> 8/19  Belly Dance/ Abs	<u>Sunrise Green Smoothie:</u> ½ cup plain Greek yogurt, ½ cup unsweetened coconut milk*, ½ cup frozen peach, 1 orange, 1 cup spinach, 2 medjool dates or 1 Tbsp. honey (or 1 packet Stevia), 1 cup ice	2 hard-boiled eggs  1 cup coffee with unsweetened coconut milk and Stevia	LUNCH OUT: Sila Thai's Mixed Broccoli and 1 cup white rice  Small side salad with 1 cup mixed greens sweet onion dressing.	10 baby carrot sticks  1 peach		2 cups <a href="#">Creole Vegetable Soup</a>
	1 ■ 1 ■ 1 ■	1 ■	2 ■ 2 ■ ½ ■	1 ■ 1 ■		2 ■ ½ tsp. 1 ■***
<b>THURS</b> 8/20  Lower	<u>Sunrise Green Smoothie:</u> ½ cup plain Greek yogurt, ½ cup unsweetened coconut milk*, ½ cup frozen peach, 1 orange, 1 cup spinach, 2 medjool dates or 1 Tbsp. honey (or 1 packet Stevia), 1 cup ice	2 hard-boiled eggs  1 cup coffee with unsweetened coconut milk and Stevia	1½ cups <a href="#">Pasta e Fagiole</a> : Veggie stock, carrots, celery, onion, garlic, zucchini, cannellini beans***, parmesan cheese  Side salad with 1 cup mixed greens, ½ cup cucumbers, ½ cup tomatoes and 1 Tbsp. Balsamic vinaigrette.	10 baby carrot sticks  1 peach	Chocolate Shakeology Protein Smoothie	<u>Spinach Parmesan Quinoa:</u> 1 cup spinach, ½ cup quinoa, 1/3 parmesan cheese, 1 tsp. minced garlic, 1 tsp. olive oil
	1 ■ 1 ■ 1 ■	1 ■	1 ■ ½ ■*** 2 ■ ½ ■	1 ■ 1 ■	1 ■	1 ■ 1 ■ 1 ■ 1 tsp.
<b>FRI</b> 8/21  Walked/ Jogged	<u>Orange Smoothie:</u> ½ cup plain Greek yogurt, ½ cup unsweetened coconut milk*, 1 orange, ½ frozen banana, 1 tsp. vanilla extract, 1 tsp. honey or 1 packet Stevia, 1 cup ice	2 hard-boiled eggs  1 cup coffee with unsweetened coconut milk and Stevia	1/2 cup <a href="#">Spicy Pasta Salad</a> with <a href="#">Cize Avocado Dressing</a> and black beans  Side salad with 1 cup mixed greens, ½ cup cucumbers, ½ cup tomatoes and 1 Tbsp. Balsamic vinaigrette.	Cheese and 6 whole wheat crackers  1/2 cup grapes  1 cup blueberries		2 cups <a href="#">Creole Vegetable Soup</a>
	1 ■ 1½ ■+	1 ■	1 ■ ½ ■*** 1 ■ 1 ■	1 ■ 1 ■ 1½ ■+ 2 tsp.		2 ■ ½ tsp. 1 ■***
<b>SAT</b> 8/22  Worked on feet 8 hours at the orchard	<u>Orange Smoothie:</u> ½ cup plain Greek yogurt, ½ cup unsweetened coconut milk*, 1 orange, ½ frozen banana, 1 tsp. vanilla extract, 1 tsp. honey or 1 packet Stevia, 1 cup ice	2 hard-boiled eggs  1 Babybel Gouda cheese	2 pieces cheese pizza at work  <b>(FAIL)</b>	1 apple  1 apple cider slush (no sugar added)  ½ pretzel  <b>(FAIL)</b> Should've eaten my 10 carrot sticks for a green		<u>Spinach Parmesan Quinoa:</u> 2 cups spinach, 3/4 cup quinoa, 1/3 parmesan cheese, 1 tsp. minced garlic, 1 tsp. olive oil
	1 ■ 1½ ■+	1 ■ ½ ■+	2 ■+ 1 ■+	2 ■+ 1 ■+		1 ■ 1 ■*** 1 ■+ 1 tsp.

1 ■ = 1 cup veg  
1 ■ = 1 cup fruit  
1 ■ = 3/4 cup protein  
1 ■ = 1/2 cup carbs  
1 ■ = 1/3 cup healthy fats  
1 ■ = 2 Tbsp. dressing/seeds  
1 tsp. = oil

+ = means I am slightly over my counts for that color and you may want to modify it.  
I do not generally add this for green containers because I don't think you can ever have too much veg.

\* Unsweetened coconut or almond milk in small amounts can be considered a free item since it is only about 30 calories per cup.  
\*\* I count 2 cups of lettuce or spinach as 1 green since it is only about 15 calories for 2 cups.  
\*\*\* On a modified veg/vegan list, quinoa and beans can be used as a protein instead of carbs.

Daily water intake: 80-85 oz.

Vitamins: One-A-Day Multi for Women, Active Balance Probiotic, Vit-D weekly dose from Rodin Fields