

# NADEEN BOMAN

## LAST FEW POUNDS MEAL PLAN

1	2	3	4	5	6	7
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
- 1/2 cup of plain oatmeal - 1/2 cup lite soy milk - 1 scoop whey protein - 1/2 cup frozen wild blueberries	Smoothie - 1/2 cup frozen fruit - 1 scoop whey protein - 1 tsp of flax seed oil or Udo's Oil (preferred) - 1/2 cup yogurt, fat free	Smoothie - 1/2 cup frozen fruit - 1 scoop whey protein - 1 tsp of flax seed oil or Udo's Oil (preferred) - 1/2 cup yogurt, fat free	- 1/2 cup of oatmeal - 1/2 cup soy/rice milk - 1/2 cupberries	- 1 Slice of 16 grain toast - 1 tbs of Almond butter - 1/2 Sliced banana	Smoothie - 1/2 cup frozen fruit - 1 scoop whey protein - 1 tsp of flax seed oil or Udo's Oil (preferred) - 1/2 cup yogurt, fat free	- 2 scrambled eggs - 1 slice whole wheat toast - 1 Sliced tomato - 1 tsp light cream cheese - 1 apple - 1 Tea
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
- 1/2 cup cottage cheese - 1 Apple	- 1/4 c.chickpeas - 1/2 cup cucumber & tomato - 2 tbs Italian sld dressing - 1 apple	Whey protein shake with water.	3 tbs hummus 1-2 c carrot sticks, 2oz turkey breast	- 1 Apple - 1/4 cup cottage cheese	- 2 oz turkey - 2 cup of broccoli	- 1Asian pear - 1 tbsp of almond butter
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
- 1 Grilled chicken breast/ with lemon juice - 1 small green salad - 2 tbs oil & vinegar dressing	- 1 can of tuna - 1/4 cup cottage cheese - 1 small green salad with oil & vinegar dressing.	Spinach Salad - 2 cups baby spinach l - 1/2 cup mushrooms, 1/2 green pepper, 6 grape tomatoes - 1 sliced boiled egg - 2 Tbs oil & vinegar dressing	- 1 can of tuna Salt, pepper & lemon to taste - 1 cup mixed greens - 5 baby tomato's - 1/2 cup sliced green & red pepper	Tuna Vegetable Wrap: - 1 can of tuna - 1 whole tortilla - 1 cup red onion, red pepper, iceberg lettuce - 2 tbs salsa - 1 tsp of light mayo	- 1 Container of Green Giant Fiber Essentials - 1 cup Mixed Greens - 2 tbs oils & vinegar dressing	- 1 Turkey breast - 1 Large green salad
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
- 1 cup plain yogurt, fat free - 10 almonds	- 2 oz of spiced chicken - 2 cups steamed broccoli with lemon juice for flavor	- 2 oz of sliced chicken - 1/2 cup sliced celery - 1 tbs of fat free dressing	Greek Salad: - 1 cup mixed greens, - 1/2 cup cucumber & tomatoes - 1/4 block of diced tofu	Whey protein shake with water.	- 1 cup plain yogurt, fat free 1 pear	1 c raw cauliflower 1 tbs hummus
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
- 1/2 cup whole-wheat pasta - 3 oz lean ground beef - 1/4 can tomato sauce - 1 cup veg - 1 mixed green salad - 2 Tbs oil & vinegar dressing	- 4 oz Turkey breast - 1 tsp Cranberry sauce - 1 cup salad (greens mix, tomato, cucumbers) - 1 tbsp dressing - 1/2 cup Wild Rice - 1 f.f. Jello Pudding	- 1 Piece of grilled salmon - 1 cup of steamed broccoli - 1/2 c. Wild rice - Herbal Tea	- 1 Grilled halibut fillet/ 1 tsp of butter & spices - 1 cup mixed green salad - 2 cups steamed veggies - 250 mls chocolate milk. (optional)	- 1 Chicken breast burger - 1 cup side Salad. - 1 Diet coke	- 1 slice veggie pizza (Light cheese) - 1/2 cup light vanilla ice-cream.	- 1 Chicken breast burger - 1 cup side green salad w/ oil & vinegar dressing. - Fruit Tea

\* Serving guide for portion control comes with plan