

NADEEN BOMAN

QUICK START MEAL PLAN

1	2	3	4	5	6	7
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Bacon & Eggs: - 1 Boiled Egg - 2 Slices Back Bacon - 1 Slice Toast - 1 tsp Butter	Toast & Eggs: - 1 Small Banana - 1 Slice Toast - 1 tbsp Peanut Butter - 2 Poached Eggs	Cereal & Fruit: - 1 cup Kashi GoLean - 1 cup Skim Milk - 1 tsp Flax Seed - 1 tsp Sliced Almonds - 1/2 cup Berries	Bacon Sandwich: - 2 Slices Toast - 3 Slices Turkey Bacon - 1 Tomato, Lettuce - 1 tbsp Butter	Egg Scramble: - 1 Egg, 2 Egg Whites - 1 oz Cheese - 1/2 cup Veg (Tomatoes, Peppers, Mushrooms)	Protein Shake: - 1 Scoop Protein Powder - 1/2 Banana - 1/2 cup Berries - 1 cup skim milk	Oatmeal & Berries: - 1 pack Plain Oatmeal - 2 tsp Slivered Almond - Splenda as needed - 1 cup Skim Milk - 1/2 cup Berries
Snack	Snack	Snack	Snack	Snack	Snack	Snack
- 1 Apple - 12 Almonds	- Tall Non-Fat, Sugar Free, Latte - 10 Baby Carrots	- 2 Ryvita Crackers - 2 tbsp Hummus - 1/2 Tomato	- 1 Tomato - 1 Boiled Egg	- 1/2 can Lentil Soup - 1 Ryvita Cracker	- 1 Kiwi - 12 Almonds	- 1/2 Banana - 1 tbsp Peanut Butter - 1/2 cup Plain Yogurt
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Soup & Tuna Wrap: - 1 cup Soup - 1/2 can Tuna & Pita - 1/3 cup Hummus - Mustard, Lettuce, Peppers, Tomatoes	Leftover Stew: - 1 cup Chicken Stew - Pita or 1 Ryvita Cracker to Dip - 8 Grapes	Spinach Salad: - 1 Sweet Corn - 1 tbsp Butter - 2 Boiled Eggs, Diced - 2 cups Salad (Spinach, Mushroom, ect)	Leftover Stir-Fry: - 1 1/2 cups Chicken Stir-Fry (from last night) - 1 tbsp Soy Sauce - 1 Kiwi	Sushi (out): - 4 Pieces Tuna Sashimi - 2 tbsp Soy Sauce - Miso Soup - 1 cup Edamame - Small Green Salad	Soup & Sandwich: - 1/2 cup Lentil Soup - 3 Slices Turkey - 2 Slices Bread - Lettuce, Tomato, Mustard, Cucumber	Leftover Pasta: - 1/2 cup Pasta - 1/2 cup Meat Sauce - Handful of Spinach - 1 oz Parmesan Cheese
Snack	Snack	Snack	Snack	Snack	Snack	Snack
- Small Skim Hot Coco/Latte - 1/2 cup Snap Peas	- 1 cup Plain Yogurt - 1 cup Grapes	- 10 Almonds - 1 Pear	- Elevate/Zone Protein Bar - 1 Apple	- 2 Celery Stalks - 2 tbsp Natural Peanut Butter	- 1 Baby Bell Cheese - 1/2 cup Cherry Tomato	- 1/2 cup Cherry Tomato - 8 baby carrots, green veg - 1/3 cup Hummus
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Bowl of Chicken Stew, 1/2 can Lentil Soup with 1/2 cup Broccoli & Cauliflower 3 oz Chicken, and (medium) Sweet Potato - 1 Ryvita Cracker - 1/2 cup Strawberries	Salmon Salad: - 3 oz Salmon - 2 cups Salad (Spinach, Lettuce, Tomato, Celery, Green Onions, Peppers, etc) - 6 Walnuts - 1/2 cup Grapes	Chicken Stir Fry: - 4 oz Diced Chicken - 2 cup Veggie Mix (Snap Peas, Onions Sprouts, Bok Choy, Carrots, etc.) - 1 tsp Olive Oil - 1 tbsp Soy Sauce - 1/2 cup Brown Rice	Prawn Stir Fry: - 6 to 8 med. Prawns - 1 cup Mixed Veg (Carrots, Broccoli, Bok Choy, etc.) - 1 tsp Olive Oil - 1/2 cup Brown Rice - 2 tbsp Sauce	Chicken Fajita: - 3 oz. Chicken Breast - 1 Tortilla Wrap - 1 cup Mixed Vegetable Stir-Fry (Cabbage, Onion, Pepper) - 1/2 cup Salsa	Pasta w/Meat Sauce: - 4 oz Ground Beef - 1 cup Tomato Sauce - 1/2 cup Mixed Veggies - 1/2 cup ww Pasta - 2 cups Fresh Spinach	Grilled Halibut: - 4 oz Grilled Halibut - 1 tbsp Sauce - 1 Sweet Corn - 5 Asparagus Stalks - 1 tsp Olive Oil - 1 tsp Butter - 1 Pear

* Serving guide for portion control comes with plan