

Breakfast	Snack	Lunch	Snack	Dinner	Dessert
<p>2egg omelettes with ½ c. onions</p> <p>Low-carb bread</p> <p>1 tbs. almond butter</p>	<p>1 string cheese</p> <p>Baby carrots</p>	<p>3oz. grilled chicken</p> <p>1 ½ c. baby spinach</p> <p>½ c. cucumber</p> <p>½ c. beets</p> <p>1 tbs. parmesan cheese</p> <p>1 small apple</p>	<p>½ c. broccoli</p> <p>1 tbs. light ranch dressing</p>	<p>3oz. salmon with mango, corn, cilantro salsa</p> <p>6 spears of asparagus drizzled with extra virgin olive oil</p> <p>8 oz. seltzer</p>	<p>4 oz. sugar-free pudding</p>