

The Unofficial “Daniel Craig in Casino Royale” Diet

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
13. Dinner: Skinny Blackened Tilapia with Veggies Snack: Parfait and Chocolate	14. Breakfast: Beans on Toast Snack: Veggies and Hummus Lunch: Sweet Potato with Aioli & Rainbow Slaw Dinner: Baked Chicken Breast and Salad Snack: Egg Sandwich	15. Breakfast: Eggs on Toast Snack: Nuts and Dried Fruit Lunch: Spinach Pecan Brown Rice Salad Dinner: Skinny Blackened Tilapia with Veggies Snack: Parfait and Chocolate	16. Breakfast: Veggie Omelet Snack: Tuna Fish on Wasa Lunch: Sweet Potato with Aioli & Rainbow Slaw Dinner: Korean Grilled Chicken and Stirfry Broc Snack: Apple and Peanut Butter and Chocolate	17. Breakfast: Protein Smoothie Lunch: Spinach Pecan Brown Rice Salad Snack: Veggies and Hummus Dinner: Chili, Lime, and Cumin Cod Snack: Egg Sandwich	18. Breakfast: Beans on Toast Snack: Nuts and Dried Fruit Lunch: Super Summer Detox Salad Dinner: Korean Grilled Chicken and Stirfry Broc Snack: Parfait and Chocolate	19. Breakfast: Apple Oatmeal Snack: Veggies and Hummus Lunch: Black Bean Quinoa Salad with Orange Vinaigrette Dinner: Chili, Lime, and Cumin Cod Snack: Egg Sandwich
20. Breakfast: Apple Oatmeal Snack: Nuts and Dried Fruit Lunch: Super Summer Detox Salad Dinner: Greek Style Pork Chops (includes veggies) Snack: Parfait and Chocolate	21. Breakfast: Beans on Toast Snack: Veggies and Hummus Lunch: Black Bean Quinoa Salad with Orange Vinaigrette Dinner: Balsamic Chicken and Tomatoes Snack: Egg Sandwich	22. Breakfast: Eggs on Toast Snack: Nuts and Dried Fruit Lunch: Sweet Potato with Aioli and Veggies Dinner: Greek-Style Pork Chops (includes veggies) Snack: Parfait and Chocolate	23. Breakfast: Veggie Omelet Snack: Tuna Fish on Wasa Lunch: Baked Brown Spanish Rice and Pinto Beans Dinner: Balsamic Chicken and Tomatoes Snack: Apple and Peanut Butter and Chocolate	24. Breakfast: Protein Smoothie Lunch: Sweet Potato with Aioli and Veggies Snack: Veggies and Hummus Dinner: Grilled Salmon with Lemon & Veggie Snack: Egg Sandwich	25. Breakfast: Beans on Toast Snack: Nuts and Dried Fruit Lunch: Baked Brown Spanish Rice and Pinto Beans Dinner: Oven Baked BBQ Chicken and Slaw Snack: Parfait and Chocolate	26. Breakfast: Apple Oatmeal Snack: Veggies and Hummus Lunch: Stir-Fried Broccoli with Brown Rice Dinner: Grilled Salmon with Lemon & Veggie Snack: Egg Sandwich

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
27. Breakfast: Apple Oatmeal Snack: Nuts and Dried Fruit Lunch: Sweet Potato with Aioli and Veggies Dinner: Oven Baked BBQ Chicken and Slaw Snack: Parfait and Chocolate	28. Breakfast: Beans on Toast Snack: Veggies and Hummus Lunch: Stir-Fried Broccoli with Brown Rice Dinner: Easy Tilapia Picatta and Veggies Snack: Egg Sandwich	29. Breakfast: Eggs on Toast Snack: Nuts and Dried Fruit Lunch: Sweet Potato with Aioli and Veggies Dinner: Chili Lime Chicken and Grilled Squash Snack: Parfait and Chocolate	30. Breakfast: Veggie Omelet Snack: Tuna Fish on Wasa Lunch: Quinoa Salad with Apples Dinner: Easy Tilapia Picatta and Veggies Snack: Apple and Peanut Butter and Chocolate	31. Breakfast: Protein Smoothie Lunch: Cilantro Lime Quinoa and Salad with Egg Snack: Veggies and Hummus Dinner: Chili Lime Chicken and Grilled Squash Snack: Egg Sandwich	1. Breakfast: Beans on Toast Snack: Nuts and Dried Fruit Lunch: Quinoa Salad with Apples Dinner: Baked Honey Marinated Cod and Veggies Snack: Parfait and Chocolate	2. Breakfast: Apple Oatmeal Snack: Veggies and Hummus Lunch: Cilantro Lime Quinoa and Salad with Egg Dinner: Chicken and Sugar Snap Pea Stirfry Snack: Egg Sandwich
3. Breakfast: Apple Oatmeal Snack: Nuts and Dried Fruit Lunch: Sweet Potato with Aioli and Veggies Dinner: Baked Honey Marinated Cod and Veggies Snack: Parfait and Chocolate	4. Breakfast: Beans on Toast Snack: Veggies and Hummus Lunch: Quinoa Street Corn Salad Dinner: Chicken and Sugar Snap Pea Stirfry Snack: Egg Sandwich	5. Breakfast: Eggs on Toast Snack: Nuts and Dried Fruit Lunch: Sweet Potato with Aioli and Veggies Dinner: Grilled Salmon with Lemon and Veggies Snack: Parfait and Chocolate	6. Breakfast: Veggie Omelet Snack: Tuna Fish on Wasa Lunch: Quinoa Street Corn Salad Dinner: Molasses Chicken with Mango Salsa and Grilled Peppers Snack: Apple and Peanut Butter and Chocolate	7. Breakfast: Protein Smoothie Lunch: Spicy Mushroom Rice and Salad Snack: Veggies and Hummus Dinner: Grilled Salmon with Lemon and Veggies Snack: Egg Sandwich	8. Breakfast: Beans on Toast Snack: Nuts and Dried Fruit Lunch: Rainbow Stirfry and Baked Brown Rice Dinner: Molasses Chicken with Mango Salsa and Grilled Peppers Snack: Parfait and Chocolate	9. Breakfast: Apple Oatmeal Snack: Veggies and Hummus Lunch: Spicy Mushroom Rice and Salad Dinner: Grilled Maple Dijon Pork Chop and Veggie Snack: Egg Sandwich

Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
10. Breakfast: Apple Oatmeal Snack: Nuts and Dried Fruit Lunch: Rainbow Stirfry and Baked Brown Rice Dinner: Chicken with Cilantro Lime Sauce and Asparagus Snack: Parfait and Chocolate	11. Breakfast: Beans on Toast Snack: Veggies and Hummus Lunch: Spinach Pecan Brown Rice Salad Dinner: Grilled Maple Dijon Pork Chop and Veggie Snack: Egg Sandwich	12. Breakfast: Eggs on Toast Snack: Nuts and Dried Fruit Lunch: Sweet Potato with Aioli and Veggies Dinner: Chicken with Cilantro Lime Sauce and Asparagus Snack: Parfait and Chocolate	13. Breakfast: Veggie Omelet Snack: Tuna Fish on Wasa Lunch: Spinach Pecan Brown Rice Salad Dinner: Zesty Grilled Tilapia and Greek Salad Snack: Apple and Peanut Butter and Chocolate	14. Breakfast: Protein Smoothie Lunch: Sweet Potato with Aioli and Veggies Dinner: Honey Hoisin Grilled Chicken and Stir-Fried Veggies Snack: Veggies and Hummus Snack: Egg Sandwich	15. Breakfast: Beans on Toast Snack: Nuts and Dried Fruit Lunch: Black Bean Quinoa Salad with Orange Vinaigrette Dinner: Zesty Grilled Tilapia and Greek Salad Snack: Parfait and Chocolate	16. Breakfast: Apple Oatmeal Snack: Veggies and Hummus Lunch: Dinner: Honey Hoisin Grilled Chicken and Stir-Fried Veggies Snack: Egg Sandwich
17. Breakfast: Apple Oatmeal Snack: Nuts and Dried Fruit Lunch: Black Bean Quinoa Salad with Orange Vinaigrette Dinner: Crispy Cod with Lemon Butter and Veggie Snack: Parfait and Chocolate	18. Breakfast: Beans on Toast Snack: Veggies and Hummus Lunch: Sweet Potato with Aioli and Veggies Dinner: Baked Chicken Breasts and Strawberry Spinach Salad Snack: Egg Sandwich	19. Breakfast: Eggs on Toast Snack: Nuts and Dried Fruit Lunch: Chopped Greek Salad Dinner: Crispy Cod with Lemon Butter and Veggie Snack: Parfait and Chocolate	20. Breakfast: Veggie Omelet Snack: Tuna Fish on Wasa Lunch: Baked Brown Spanish Rice and Pinto Beans Dinner: Baked Chicken Breasts and Strawberry Spinach Salad Snack: Apple and Peanut Butter and Chocolate	21. Breakfast: Protein Smoothie Lunch: Chopped Greek Salad Snack: Veggies and Hummus Dinner: Grilled Salmon with Maple, Sriracha, Lime and Veggies Snack: Egg Sandwich	22. Breakfast: Beans on Toast Snack: Nuts and Dried Fruit Lunch: Baked Brown Spanish Rice and Pinto Beans Dinner: Tuscan Pork Chops and Roasted Cauliflower Snack: Parfait and Chocolate	23. Breakfast: Apple Oatmeal Snack: Veggies and Hummus Lunch: Sweet Potato with Aioli and Veggies Dinner: Grilled Salmon with Maple, Sriracha, Lime and Veggies Snack: Egg Sandwich

CALORIE NOTES

Breakfasts

Beans on Toast (½ cup baked beans, 2 pieces whole wheat toast): 280 calories

Poached Eggs on Toast (2 poached eggs, 2 pieces whole wheat toast): 280 calories

Apple Cinnamon Oatmeal (1 cup cooked oatmeal, ½ cup skim milk, chopped apples, 1T brown sugar, cinnamon): 220 calories

Peanut Butter Banana Protein Smoothie (1 scoop protein powder, ½ cup skim milk, 1 banana, 1 T peanut butter, ice, vanilla, cinnamon): 350 calories

Lunches

(Note: ¼ cup avocado is 60 calories and may be added as desired. Fruit will be added to all meals.)

Brown Rice and Salad (1 cup cooked brown rice, lettuce/spinach, tomatoes, peppers, cucumbers, 1 hard boiled egg, 1T vinaigrette): 300 calories

Sweet Potato with Aioli and Vegetables (1 ½ cups roasted sweet potato with 1T aioli and steamed/stir-fried/roasted veggies): 350 calories

Quinoa and Vegetables (1 cup cooked quinoa, steamed/roasted/stir-fried vegetables): 300 calories

Chopped Greek Salad (cucumbers, tomatoes, peppers, 2T feta, ½ cup chickpeas): 250 calories

Spinach Pecan Brown Rice Salad (spinach, 2T pecans, ½ cup cooked brown rice, green peppers, red onion, olive oil): 250 calories

Baked Brown Spanish Rice and Pinto Beans (1 cup cooked Spanish brown rice, ½ cup pinto beans): 350 calories

Dinners

(Note: all of the following meals allow for a tablespoon of olive oil. Fruit will be added to all meals.)

Salmon and Vegetables (6 oz. grilled/baked salmon, steamed/stir-fried/roasted veggies): 300 calories

Chicken and Vegetables (6 oz. grilled/baked/roasted chicken breast, steamed/stir-fried/roasted veggies): 300 calories

Pork Chop and Vegetables (4 oz. grilled/sauteed boneless chop, steamed/stir-fried/roasted vegetables): 300 calories

Cod and Vegetables (6 oz. baked cod, steamed/stir-fried/roasted veggies): 250 calories

Tilapia and Vegetables (3 oz. grilled tilapia, steamed/stir-fried/roasted veggies): 250 calories

Snacks

Parfait (½ cup whole milk yogurt, ¼ cup granola, fruit): 250 calories

Nuts (Pecans, Walnuts) and Dried Fruit (Cherries/Blueberries/Cranberries) (¼ cup walnuts, 2T dried fruit): 250 calories

Lindt Chocolate (1 square, most varieties): 50 calories

Hummus, Fresh Veggies (¼ cup homemade hummus, 1 cup fresh carrots/bell peppers/celery): 150 calories

Egg Sandwich (1 fried egg, 1 slice whole wheat bread): 150 calories

Peanut Butter and Apple and Chocolate (3T peanut butter, 1 medium apple, 1 square dark chocolate): 350 calories

Tuna Fish on Wasa (½ can tuna or 2.5 oz. tuna, 2T Miracle Whip, 1 whole grain Wasa): 200 calories

RECIPE LINKS

SNACKS

Hummus: <http://www.foodnetwork.com/recipes/ina-garten/hummus-recipe.html>

Yogurt: <http://www.livingwellspendingless.com/2014/01/15/make-homemade-yogurt/>

Granola: <http://www.foodnetwork.com/recipes/alton-brown/granola-recipe.html> (I omit cashews, coconut and raisins, add one additional cup oats, sub coconut oil for canola, and sub honey for maple syrup)

LUNCHES

Sweet Potato with Aioli: <http://thefitchen.com/2014/10/02/smashed-sweet-potatoes-aioli/>

Stir Fried Broccoli with Brown Rice: <http://www.melskitchencafe.com/stir-fried-broccoli-with-brown-rice-meat-optional/>

Spinach Pecan Brown Rice Salad: <http://vanillaandbean.com/spinach-pecan-brown-rice-salad/>

Easy Asian Quinoa Slaw: <http://www.gimmesomeoven.com/easy-asian-quinoa-slaw-recipe/>

Greek Chickpea: <http://www.thegardengrazer.com/2014/04/ultimate-greek-chopped-salad.html>

Mexican Street Corn Quinoa Salad: <http://www.halfbakedharvest.com/summer-grilled-mexican-street-corn-quinoa-salad/>

Black Bean Quinoa Salad: <http://damndelicious.net/2014/05/28/black-bean-quinoa-salad/>

Quinoa Salad with Pecans, Apples, and Cranberries: <http://saltpepperskillet.com/recipes/quinoa-salad-pecans-apples-cranberries/>

Cilantro Lime Quinoa: <http://wonkywonderful.com/cilantro-lime-quinoa/>

Spicy Mushroom Rice: <http://www.mantitlement.com/recipes/spicy-mushroom-rice/>

Rainbow Stir Fry: <http://www.vegetariantimes.com/recipe/rainbow-stir-fry/>

Baked Brown Rice: <http://www.melskitchencafe.com/baked-brown-rice/>

Baked Brown Spanish Rice: <http://www.melskitchencafe.com/baked-brown-spanish-rice/>

Pinto Beans: <http://thefoodcharlatan.com/2015/02/20/traditional-tejano-pinto-beans-slow-cooker-recipe/>

DINNERS

Greek Style Pork Chops: <http://www.myrecipes.com/recipe/greek-style-pork-chops>

Grilled Maple Dijon Pork Chops: <http://www.firsthomelovelife.com/2014/06/grilled-maple-dijon-pork-chops.html>

Grilled Salmon with Maple Sriracha Lime Glaze: <http://www.kalynskitchen.com/2013/06/grilled-salmon-maple-sriracha-lime-glaze.html>

Chicken and Sugar Snap Pea Stirfry: <http://blog.williams-sonoma.com/chicken-sugar-snap-pea-stir-fry/>

Super Moist Oven Baked BBQ Chicken: <http://www.heatherlikesfood.com/super-moist-oven-baked-bbq-chicken/>
One Pan Tuscan Pork Chops: <http://sweetcsdesigns.com/one-pan-tuscan-pork-chops/>
Molasses Dipped Chicken with Mango Salsa: <http://www.simplysated.com/molasses-dipped-chicken-mango-salsa/>
Korean Grilled Chicken Breasts: <http://www.skinnytaste.com/2015/08/korean-grilled-chicken-breast.html>
Skillet Chicken with Creamy Cilantro Lime Sauce: <http://sallysbakingaddiction.com/2015/07/08/skillet-chicken-with-creamy-cilantro-lime-sauce/>
Balsamic Chicken and Tomatoes: <http://www.culinaryhill.com/balsamic-chicken-and-tomatoes/>
Baked Chicken Breasts: <http://www.yellowblissroad.com/baked-chicken-breasts/>
Chili Lime Chicken: <http://rasamalaysia.com/chili-lime-chicken/>
Easy Tilapia Picatta: <http://ibakeheshoots.com/easy-tilapia-piccata/>
Skinny Blackened Tilapia: <http://www.skinnykitchen.com/recipes/fantastic-skinny-blackened-tilapia/>
Chili, Lime, and Cumin Cod: <http://www.food.com/recipe/chili-lime-cumin-cod-131528>
Simple Sicilian Cod: <http://www.vikingrange.com/consumer/lifestyle/recipe.jsp?id=prod9400168>
Baked Honey Marinated Cod: <http://www.nogojisnoglory.com/baked-honey-marinated-cod/>
Crispy Cod with Lemon Butter White Wine Sauce: <http://fooddonelight.com/crispy-cod-with-lemon-butter-white-wine-sauce/>