

Color Your Summer

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|--|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | | | | | | Rest Day! |
| | | | | | Snack: celery with almond or peanut butter | you can have 1 fruit juice or 0 cal drink |
| | | | | | Tomato caprese burger with asparagus and light mozzarella | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| Whole grain toast with hummus and poached egg | Egg white, spinach, and tomato fritata topped with light mozzarella | Granola, greek yogurt and fresh fruit parfait | Left over quinoa pancakes with almond milk and half a banana | Scrambled egg whites with whole grain toast | Oatmeal with dried fruit and honey or agave | |
| Snack: handful of almonds | Snack: 5 large strawberries | Snack: protein smoothie | Snack: 6 carrots and hummus | Snack: banana peanut butter bits | snack: hand full mixed nuts | |
| Salad and fruit plate with light vinegrette | Avocado and tomatoe salad with multi-grain crackers | Turkey bacon wrapped asparagus or brussel sprouts | Veggie stuffed pita with a handful of pretzels | Spinach salad with carmalized onions, almonds and goat cheese | Chicken salad lettuce wrap | Rest Day! |
| Snack: 10 Pretzels with almond butter | Snack: Kale chips | Snack: 1/2 cup Frozen pineapple chunks | Snack: 1 small apple | Snack: 1 cup dried fruit | Snack: 1/4 cup dark chocolate morsels | you can have 1 fruit juice or 0 cal drink |
| Lean turkey burger with baked sweet potatoe fries | 3-4 oz Grilled chicken breast with roasted veggies and white beans | Asian quinoa Salad with tofu | Lemon garlic chicken with broccoli | Baked sweet potato with grilled lean meat (3-4 oz) | Tomato and cucumber gazpacho (cold soup) | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Rice cake with almond butter | Fruit bowl topped with oat or shredded coconut | Egg whites on an english muffin topped with goat cheese or feta | 1 cup special k cereal w/1 cup almond milk | Whole grain toast w/1 tbsp of peanut butter and half banana sliced topped w/ cinnamon | Protein shake | |
| Snack: a banana | Snack: 1/2 cup dried cranberries w/nuts | Snack: sliced cucumber with laughing cow cheese | Snack: half a grapefruit | Snack: greek yogurt with granola | Snack: 6 carrots and hummus | |
| Tuna salad lettuce wraps | Whole grain toast w/light mayo, sliced tomato, garlic powder and dried basil | Baked avocado with egg and tomato | Lentils with tomato, spinach, and feta | Veggie spring rolls | Pita Pizza: top a whole wheat pita with marinara, fresh veggies, and feta. Bake and enjoy. | Rest Day! |
| Snack: A low calorie granola bar | Snack: cucumber sticks and hummus | Snack: fruit juice pop | Sanck: banana chocolate protein shake | Snack: your choice | Snack: yogurt and fruit parfait | you can have 1 fruit juice or 0 cal drink |
| Califlower sauce and brown rice pasta | Quinoa pasta salad with chicken, avocado, and tomatos | Chicken chilli with white beans | Tomato caprese burger with asparagus and light mozzarella | Quinoa black bean burger with zuchini fries | Salmon kabobs with potato and salad | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Granola with almond milk and half a banana sliced | Banana and PB2 protein shake | Whole grain toast with almond butter and handful of strawberries | Whole wheat english muffin topped with smashed avocado and poshed egg | Banana pankcakes with agave or honey | Cinnamon quinoa oatmeal | |
| Snack: light babybel cheese | Snack: Mixed nuts with dries fruit | Snack: 6 carrots and hummus | Sanck: 1/2 cup mixed berries | Snack: protein shake | Snack: veggies and light dressing | |
| Veggie spring rolls | Avocado and egg salad sandwich | Asian quinoa and tofu salad | Chicken salad lettuce wraps | Cucumber and hummus wraps | Your Choice | Rest Day! |
| Snack: 1 cup frozen grapes | Snack: Tropical smoothie | Snack: sliced bananas and strawberries | Snack: baked plantain chips | Snack: 1 cup Veggie straws | Snack: Quest Bar | you can have 1 fruit juice or 0 cal drink |

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| Couscous and lentil stuffed bell peppers topped with goat cheese | Califlower crust pizza with lots of veggies | Squash melody | Cucumber sushi | Grilled salmon with whole grain rice pilaf and steamed asparagus | Baked parmesan tomatoes | |
| | | | | | | |
| 29 | 30 | | | | | |
| Fruit smoothie with 1 whole grain waffle | Fresh fruit salad topped with oats and cinnamon | | | | | |
| Quinoa salad with leafy greens | Snack: 6 carrots and hummus | | | | | |
| Snack: light or greek yogurt with fruits and oats | Tuna salad in a whole wheat pita a side of pretzels | | | | | |
| Whole grain pasta dish with veggies and lean meat | Snack: 1/4 cup dark chocolate morsels | | | | | |
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