

IDEAS FOR YOUR 3rd Meal

Week 1

Day 1

Snack – ½ Ezekiel English Muffin w/1 Tbsp Almond Butter

Meal – Turkey Burgers, Roasted Sweet Potatoes, Broccoli

Snack – English cuke sliced in half lengthwise. Scoop out the seeds. Fill with mix of tuna

Day 2

Snack – 13 Mary's Gone Crackers and Organic Salsa

Meal – Jambalaya over Brown Rice

Snack – 1 Hard Boiled Egg & 1 medium green apple

Day 3

Snack – Strawberries dipped in melted IsaDelight

Meal – Crockpot Balsamic Chicken, Quinoa, Spinach

Snack – 1 Egg cooked over easy over ½ Ezekiel English Muffin

Day 4

Snack – 2 Hardboiled Eggs

Meal – Tacos (using Ezekiel wraps)

Snack – Brown Rice Cake with 1 Tbsp Almond Butter

Day 5

Snack – Green Apple & IsaDelight

Meal – Chicken & Peppers over Brown Rice Pasta

Snack – Cut up veggies with hummus

Day 6

Snack – ½ Ezekiel English Muffin toasted with 1 Tbsp guacamole and 1 Tbsp of Bruschetta

Meal – Tilapia, Baked Sweet Potato, Roasted Yellow Squash & Zucchini

Snack – Sweet Potato Chips

Day 7

Snack – ½ cup blueberries and almonds

Meal – Stuffed Peppers and Brown Rice with Side Salad

Snack – 1 egg 2 egg white veggie omelet

Week 2

Day 1

Snack – 2 Hardboiled Eggs

Meal – Brown Rice Pasta w/ground turkey meat sauce (ground turkey browned with onions, peppers, and mushrooms then add jarred sauce) and Side Salad

Snack –

Day 2

Snack – 13 Mary's Gone Crackers and Organic Salsa

Meal – Turkey Cutlets on Ezekiel Hamburger Buns and lettuce and tomatoes, with Healthy Italian Pasta Salad

Snack – 1 Hard Boiled Egg & 1 medium green apple

Day 3

Snack – ½ Ezekiel English Muffin toasted with 1 Tbsp guacamole and 1 Tbsp of Bruschetta

Meal – Grilled Salmon with Avocado Salsa served with brown rice and broccoli

Snack – Roasted Chickpeas

Day 4

Snack – ½ Ezekiel English Muffin w/1 Tbsp Almond Butter

Meal – Chicken Thighs w/Liquid Aminos & Ginger over Brown Rice w/Broccoli

Snack – English cuke sliced in half lengthwise. Scoop out the seeds. Fill with mix of tuna

Day 5

Snack – Green Apple & IsaDelight

Meal – PIZZA (Cauliflower crust topped with seasoned grilled chicken breast diced small, sliced tomatoes, garlic, basil, and drizzle of olive oil)

Snack – Cut up veggies with hummus

Day 6

Snack – IsaDelight covered almonds

Meal – Baked Chicken breast with Ezekiel bread crumb with side of asparagus, zucchini, and onions

Snack – 1 Egg cooked over easy over ½ Ezekiel English Muffin

Day 7

Snack – ½ cup blueberries and almonds

Meal – Chili served over brown rice with a side salad

Snack – 1 egg 2 egg white veggie omelet

Week 3

Day 1

Snack – 2 Hardboiled Eggs

Meal – Spaghetti Squash topped with w/ground turkey meat sauce (ground turkey browned with onions, peppers, and mushrooms then add jarred sauce) and Side Salad with Ezekiel Bread Croutons

Snack – SlimCake and 1 medium Green Apple

Day 2

Snack – 13 Mary's Gone Crackers and Organic Salsa

Meal – Tacos with Ezekiel Wraps and all the fixins

Snack – 1 Hard Boiled Egg & 1 medium green apple

Day 3

Snack – ½ Ezekiel English Muffin toasted with 1 Tbsp guacamole and 1 Tbsp of Bruschetta

Meal – Turkey Meatball Subs on Ezekiel Bread Hot Dog Rolls

Snack – IsaDelight Chocolate Covered Strawberries

Day 4

Snack – ½ Ezekiel English Muffin w/1 Tbsp Almond Butter

Meal – Shrimp Kabobs (shrimp, tomatoes, peppers, zucchini, yellow squash) on the Grill marinated with olive oil, fresh basil, scallion, salt and pepper

Snack – English cuke sliced in half lengthwise. Scoop out the seeds. Fill with mix of tuna

Day 5

Snack – Green Apple & IsaDelight

Meal – Omelet: sautéed broccoli slaw in a little coconut oil then added in 3 organic eggs beaten. Black beans: one can organic black beans mixed with one can rotel drained. 1/4 avocado, 1 slice Ezekiel bread.

Snack – Cut up veggies with hummus

Day 6

Snack – IsaDelight covered almonds

Meal – Baked chicken thigh, cauliflower, quinoa & 1/4 an avocado. Chicken: organic seasoned w Mrs. Dash original, baked at 400 for 40 mins. Cauliflower seasoned with garlic powder, salt & pepper.

Snack – 1 Egg cooked over easy over ½ Ezekiel English Muffin

Day 7

Snack – ½ cup blueberries and almonds

Meal – Tuna steak from the frozen food section, marinated in lemon juice and sprinkled with salt and pepper. Cooked in a pan over medium heat for 4 mins on each side, side of asparagus drizzled with olive oil sprinkled with garlic powder, salt, pepper and a few red onion slices then baked at 425 for 20 mins. Served with a side of brown rice.

Snack – 1 egg 2 egg white veggie omelet

Week 4

Day 1

Snack – ½ Ezekiel English Muffin w/1 Tbsp Almond Butter

Meal – Shrimp & Avocado Salad

Snack – English cuke sliced in half lengthwise. Scoop out the seeds. Fill with mix of tuna

Day 2

Snack – 13 Mary's Gone Crackers and Organic Salsa

Meal – Mexican Zucchini Burrito Boats

Snack – 1 Hard Boiled Egg & 1 medium green apple

Day 3

Snack – 1 Egg cooked over easy over ½ Ezekiel English Muffin

Meal – Chicken Sausage Skillet

Snack – IsaDelight Chocolate Covered Strawberries

Day 4

Snack – ½ Ezekiel English Muffin w/1 Tbsp Almond Butter

Meal – Pad Thai

Snack – English cuke sliced in half lengthwise. Scoop out the seeds. Fill with mix of tuna

Day 5

Snack – Green Apple & IsaDelight

Meal – Chicken Parm without the Parm

Snack – Cut up veggies with hummus

Day 6

Snack – IsaDelight covered almonds

Meal – Breakfast for Dinner! (Eggs, Ezekiel Bread, Chicken Sausage – get creative!)

Snack – Ezekiel Tortilla Chips & Salsa

Day 7

Snack – ½ cup blueberries and almonds

Meal – Hot Chicken Sausage Soup - 3 hot chicken sausage (removed from casing and then broken into small pieces) sautéed in EVOO and garlic, then add 1 can of diced tomatoes, 1 can of cannellini beans, kale (or spinach) and chicken broth and simmer. Add brown rice pasta (elbows or shells) if desired

Snack – 1 egg 2 egg white veggie omelet