

Breakfast

1 slice of Ezekiel toast with 1 tablespoon of natural peanut butter
2/3 cup of unsweetened almond milk and 1 scoop of whey protein isolate.

Snack

1 Granny Smith apple

Lunch

A shrimp salad 15-20 grilled or sautéed shrimp or 4 oz. of chicken breast over 2 cups of spinach 5 strawberries, 15 blueberries, and 15 almonds use apple cider vinegar or low fat ranch for dressing

Snack

1 medium orange or 1 ruby red grapefruit unit

Dinner

4 oz. of sirloin or a 4 oz. ground beef patty with 1/2 cup of corn and 1/2 cup of black beans seasoned well with 8 asparagus spears

Snack

Sugar free jello or sugar free pudding

This is a voluntary nutrition plan designed by Nicole Randolph.

Make sure to have a multi-vitamin and at least 8 glasses of water every day to help aid in a healthy lifestyle.