

MEALS FOR HIGH CARB (HC) DAY		OPTION A	OPTION B	OPTION C
MEAL ONE (BREAKFAST)	CARB CHOICE:	1/2 cup rolled oats (Dry) w/ water or unsweetened almond milk	1/2 cup grits dry w/ water and salt and pepper	1/2 cup of Jasmine rice or mashed sweet potato
	PROTEIN CHOICES:	3/4 cup liquid egg whites (about 4 large egg whites) + 1 yolk	25g protein powder w/ water or unsweetened almond milk	15g protein shake w/water, and 1 hard-boiled egg
MEAL TWO (SNACK)	CHOICES:	Plain Greek yogurt with berries: 6 oz (227g) plain Greek yogurt, 1 cup of berries (any)	1 medium apple OR banana w/ 1 Tbsp natural almond or peanut butter	green smoothie (choose from recipes provided)
MEAL THREE (LUNCH)	CARB CHOICE:	1/2 Jasmine rice, cooked, 1/2 cup vegetable	1/2 cup of sweet potato mash, 1/2 cup vegetable	1/2 red potatoes cooked, 1/2 cup vegetable
	PROTEIN CHOICES:	1 chicken breast, boneless skinless 4 oz	94% fat free ground turkey, 4 oz	Salmon or tuna (if canned, white albacore) 4 oz
MEAL FOUR (SNACK)	CHOICES:	1 med fruit of choice w/ palmful (1 oz) of raw almonds, or walnuts	Plain Greek yogurt with berries: 6 oz (227g) plain Greek yogurt, 1 cup of berries (strawberries, blueberries, or blackberries)	1 med fruit of choice w/ palmful (1 oz) of raw almonds, or walnuts
MEAL FIVE (DINNER)	CARB CHOICE:	1/2 Jasmine rice, cooked, 1/2 cup vegetable	1/2 cup of sweet potato mash, 1/2 cup vegetable	1/2 red potatoes cooked, 1/2 cup vegetable
	PROTEIN CHOICES:	1 chicken breast, boneless skinless 4 oz	94% fat free ground turkey, 4 oz	Any seafood of choice, 4 oz
MEAL SIX (SNACK)	OPTIONAL (IF HUNGRY)	Protein shake: 25g protein w/ water OR unsweetened almond milk		