

# eat real food



Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>B:</b> Chocolate peanut butter shake	<b>B:</b> Very berry chia yogurt	<b>B:</b> Chocolate peanut butter shake	<b>B:</b> Egg muffins	<b>B:</b> Very berry chia yogurt	<b>B:</b> Creamy berry green shake	<b>B:</b> Egg muffins
<b>S:</b> 1 apple and 2 tbsp raw pumpkin seeds	<b>S:</b> 1 salmon patty with 1 small peach	<b>S:</b> 1 whole hard boiled egg and 1 small pear	<b>S:</b> ½ cup 2% Greek yogurt plain with 6 walnuts	<b>S:</b> 1 Ryvita cracker with 2 slices of oven roasted turkey meat with 1 tsp avocado	<b>S:</b> 1 salmon patty with 1/2 cup cubed cantaloupe	<b>S:</b> 1 pear with 2 tbsp of raw pumpkin seeds
<b>L:</b> Tossed chicken salad with ½ cup chickpeas	<b>L:</b> Turkey spinach sandwich with kale and cabbage coleslaw	<b>L:</b> Greek spinach salad with chicken with ½ cup of black beans	<b>L:</b> Quick Turkey chilli over steamed veggies	<b>L:</b> Mexican turkey and black bean salad	<b>L:</b> Thai beef with stir fried vegetables	<b>L:</b> Tuna Nicoise salad with ½ cup chickpeas
<b>S:</b> 2 Ryvita crackers with 1.5 tsp almond butter	<b>S:</b> 2 tbsp hummus with 1 cup raw red pepper	<b>S:</b> 2 Ryvita crackers with 2 slices of oven roasted turkey meat	<b>S:</b> 1 cup sliced cucumber and celery, 10 baby carrots and ½ oz low-fat cheese	<b>S:</b> 1 whole hard-boiled egg and 1 small pear	<b>S:</b> 2 Ryvita crackers with 2 tbsp hummus	<b>S:</b> 1 small apple with 1.5 tsp peanut butter
<b>D:</b> Grilled salmon with Dijon mustard sauce and 1 cup steamed broccoli	<b>D:</b> Greek spinach salad with chicken	<b>D:</b> Quick Turkey chilli	<b>D:</b> Mexican turkey and black bean salad	<b>D:</b> Thai beef with stir-fried vegetables	<b>D:</b> Grilled chicken & green beans	<b>D:</b> Turkey burger with steamed broccoli & cauliflower

**Legend:**

B: Breakfast    S: Snack

L: Lunch

D: Dinner

# eat real food



Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<b>B:</b> Very berry chia yogurt	<b>B:</b> Oatmeal with fresh fruit	<b>B:</b> Creamy berry green shake	<b>B:</b> Oatmeal with fresh fruit	<b>B:</b> Creamy berry green shake	<b>B:</b> GTGO Gluten Free Pancakes	<b>B:</b> Egg muffins
<b>S:</b> 1 salmon patty with 1 cup cubed cantaloupe	<b>S:</b> 1 whole hard boiled egg and 1 small peach	<b>S:</b> 1 apple and 2 tbsp raw pumpkin seeds	<b>S:</b> 1 red pepper sliced with 2 tbsp GTGO Avocado and Goat Cheese Dip	<b>S:</b> ½ cup 2% plain Greek yogurt	<b>S:</b> 1 salmon patty with 1 small pear	<b>S:</b> ½ cup 2% plain Greek yogurt
<b>L:</b> Turkey burger with 1 cup kale coleslaw	<b>L:</b> Tuna Nicoise salad and ½ cup chickpeas	<b>L:</b> Thai beef with stir-fried vegetables	<b>L:</b> GTGO Baked Chicken (Or Turkey) Meatballs with Kelp Noodles	<b>L:</b> Lemon basil chicken with spinach salad	<b>L:</b> Quick turkey chilli over 1 cup steamed veggies	<b>L:</b> Turkey spinach sandwich with kale and cabbage coleslaw
<b>S:</b> 2 Ryvita crackers with 2 tbsp GTGO Avocado and Goat Cheese Dip	<b>S:</b> 4 stalks celery and 1.5 tsp peanut butter	<b>S:</b> 2 Ryvita crackers with 2 tbsp hummus	<b>S:</b> 1 whole egg and 1 small apple	<b>S:</b> 2 Ryvita crackers with 2 tbsp GTGO Avocado and Goat Cheese Dip	<b>S:</b> 1 whole hard-boiled egg and 1 small pear	<b>S:</b> 2 tbsp hummus with 1 cup raw red pepper
<b>D:</b> Thai beef with stir-fried vegetables	<b>D:</b> GTGO Baked Chicken (Or Turkey) Meatballs with Kelp Noodles	<b>D:</b> Mexican turkey and black bean salad	<b>D:</b> Lemon basil chicken breast with 1 cup steamed broccoli	<b>D:</b> Quick turkey chilli over 1 cup steamed veggies	<b>D:</b> Grilled halibut with cilantro garlic butter and asparagus	<b>D:</b> GTGO Baked Chicken (Or Turkey) Meatballs with Kelp Noodles

**Legend:**

B: Breakfast    S: Snack

L: Lunch

D: Dinner