

McCoy's MENU PLANS

Fast, healthy and low calorie, med to low carb and glycemic! Post them on your fridge, and stay on track!

DAY 1

BREAKFAST: ½ cup oatmeal, 1 Tbsp flaxseed, 1 Tbsp sunflower seeds, ¼ cup raspberries, 2 scrambled egg whites = 349 calories

SNACK: shake: 1 scoop Edge protein powder, 1 cup Almond Breeze unsweetened vanilla, ½ cup blueberries, 1 Tbsp flax seed = 247 calories

LUNCH: Baked Tilapia, ½ sweet potato, ½ cup sliced cucumbers, ½ cup sliced tomatoes = 228 calories

SNACK: 1 cup cottage cheese, 5 celery sticks, ½ cup cherry tomatoes = 203 calories

DINNER: 4 oz grilled chicken breast, steamed asparagus, ½ cup quinoa = 564 calories

Daily total = 1591 calories

DAY 2

BREAKFAST: breakfast burrito: 4 egg whites scrambled, 1 whole wheat tortilla, 2Tbsp Salsa, 1 cup mixed berries on the side = 332 calories

SNACK: 1 apple, 2 Tbsp almond butter = 268 calories

LUNCH: 2 cups Spinach topped with 4oz's left over chicken from night before, tomato, cucumber, sprouts, = 280 calories

SNACK: 1 cup nonfat plain yogurt sweetened with a few drops of Stevia and 1 peach sliced up = 220 calories

DINNER: 4 oz grilled lamb chops, 1 cup steamed green beans, salad with fat free dressing = 500 calories

Daily total = 1600 calories

**** Remember, stay within your daily caloric needs (women, 1400-1800, men 1800-2200).**

