

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: Breakfast shake: 1 scoop [Edge protein](#), 1 cup Almond Breeze unsweetened vanilla, ½ cup blueberries, 1 banana, 1 Tbsp flax seed = 337 calories

SNACK: 1 cup non-fat yogurt, 2 Tbsp Hemp Hearts, ½ cup blueberries, squirt of Stevia = 327 calories

LUNCH: 2 oz fat free cheese melted on 1 whole wheat English muffin with 2 slices tomato, ½ cup sliced cucumber, 1 cup strawberries = 282 calories

SNACK: 1 cup Edamame, 1 cup of green tea = 200 calories



DINNER: 4 oz Salmon, mixed grilled veggies (peppers, zucchini, onions, mushrooms), ½ cup brown rice = 358 calories

Daily total = 1504 calories



DAY 2

BREAKFAST: 4 egg whites scrambled, 1 piece squirrely bread, 1 cup mixed berries = 233

SNACK: 1 hardboiled egg, ½ cup no-sugar added apple sauce with cinnamon = 140

LUNCH: baked potato with 2 oz diced turkey breast, salsa, 1 oz fat free cheese and 1 tbsp corn, ½ cup skim milk or almond milk = 446

SNACK: Shake: 1 scoop [Edge protein powder](#), 1 cup water, 1 medium banana = 210

DINNER: 4 oz lean steak, 1 cup spinach sautéed in olive oil, salad with fat free dressing = 382

Daily total = 1411 calories



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