



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 poached egg, 2 Tbsp Flaxseed, ½ cup berries = 323 *calories*

SNACK: 3 Tbsp Hummus with raw veggies = 120 *calories*

LUNCH: Salad: 6 oz albacore tuna, ½ whole wheat pita bread, 4 stalks celery, ½ medium cucumber, ½ cup peppers, salad greens, 2 Tbsp Newmans Own Red Wine Vinegar and Olive Oil dressing = 392 *calories*

SNACK: 12 almonds, 1 apple = 146 *calories*

DINNER: Taco Salad – lettuce, tomatoes, peppers, salsa, onions, ¼ pinto beans, 2 oz lean ground turkey or ground bison, 1 oz low fat cheese = 449 *calories*

Daily total = 1430

DAY 2

BREAKFAST: Breakfast shake: 1 scoop Edge protein powder, 1 cup Almond Breeze unsweetened vanilla, ½ cup blue berries, 1 banana, 1 Tbsp flax seed = 337 *calories*

SNACK: 1 apple with 2 tbsp almond butter = 265 *calories*

LUNCH: 1 whole wheat tortilla, 3 oz lean ground turkey or bison left over from dinner, lettuce, tomatoes and salsa = 410 *calories*

SNACK: ½ cup low fat cottage cheese, ½ cup fresh blueberries = 153 *calories*

DINNER: 3 oz grilled pork loin chop, steamed broccoli, ½ sweet potato = 293 *calories*

Daily total = 1458 calories

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

McCoy
fitness & health

