

McCoy's Fall Cleanse Menu Plans

Fast, healthy and low calorie, med to low carb and glycemic! Post them on your fridge, and stay on track!
Remember to lightly steam all veggies (but not too much, keep them slightly crisp)!

DAY 1

BREAKFAST: ½ cup oatmeal, 1 poached egg, 2 Tbsp Flaxseed, ½ cup berries = 323 calories

SNACK: 3 Tbsp Hummus with 2 steamed carrots = 120 calories

LUNCH: Salad: 6 oz albacore tuna, 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, ¾ C pinto beans, 2 oz lean ground turkey or bison, 1 oz feta cheese, 1 corn tortilla = 449 calories

Daily total = 1430

DAY 2

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

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

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

SNACK: ½ cup goat yogurt, 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).

