

## 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, ¾ 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).**

