



COOLER 2 MEAL PLAN

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	BREAKFAST BOOSTER	MIDMORNING MUNCH	LUNCHTIME REFUEL	MID-AFTERNOON PICK-ME-UP	DINNERTIME DELIGHT	BEFORE BED (IF HUNGRY)
DAY 1	Oatmeal with berries, bee pollen, flaxseed, and wheat germ; egg whites; water and coffee or tea.	Nonfat plain yogurt; strawberries; water.	Whole-grain pasta with chopped fresh tomatoes; grilled chicken; water.	Sliced cucumbers and carrots; hummus; water.	Roasted turkey breast; steamed broccoli; brown rice; water.	Scrambled egg whites; sliced tomato; water or caffeine-free herbal tea.
DAY 2	Scrambled Tofu with Spinach and Tomato (pg 297); water and coffee or tea.	1 Tam's Morning Constitutional Muffin (pg 294), spread with unsweetened applesauce; 1 handful almonds; water.	Whole-grain wrap spread with Dijon mustard and topped with spinach, alfalfa sprouts and leftover roasted turkey; water.	Nonfat cottage cheese; chopped mango and kiwi; water.	Herb Marinated Grilled Lamb Chops (pg 340); Golden Couscous (pg 362); steamed green beans; water.	Oatmeal with 1 scoop protein powder; water.
DAY 3	Ultimate Smoothie (pg 293) with 1 scoop protein powder; water and coffee or tea.	Hardboiled egg whites; 1 banana; water.	Water-packed canned tuna mixed with yogurt cheese and chopped celery, served between 2 slices toasted Ezekiel bread, topped with spinach; water.	Nonfat plain yogurt; sliced banana; blueberries; water.	Grilled chicken; Baked Grains Pilaf (pg 353); steamed carrots and peas; water.	1 apple sliced and spread with almond butter; water or caffeine-free herbal tea.
DAY 4	1 Ezekiel English muffin spread with yogurt cheese and topped with spinach, tomato and scrambled egg whites; water and coffee or tea.	Trail mix (almonds, cashews, dried, unsweetened cranberries, raisins); 1 apple; water.	Spinach topped with leftover sliced grilled chicken, pitted, chopped dates, slivered almonds and dash of both olive oil and balsamic vinegar; water.	1 sliced orange; 1 handful cashews; water.	Bison tenderloin; roasted carrots, beets and Brussels sprouts; quinoa; water.	Nonfat plain yogurt with berries; water or caffeine-free herbal tea.
DAY 5	Nonfat plain yogurt topped with granola, berries, flaxseed, bee pollen, wheat germ and 1 scoop protein powder; water and coffee or tea.	Grapes, chopped watermelon and pineapple, topped with walnuts and a squeeze of fresh lemon juice; water.	Leftover quinoa, tomatoes, cucumbers and sliced tofu topped with a dash of both balsamic vinegar and olive oil; water.	Smoothie made with nonfat milk or plain yogurt, 1 scoop protein powder, berries; water.	Paradise Island Bean Burgers (pg 343), topped with sliced onions, mixed greens and sliced tomatoes; steamed corn; water.	1 handful unbuttered air-popped popcorn; 1 handful almonds; water or caffeine-free herbal tea.
DAY 6	Oatmeal pancakes topped with applesauce and sliced strawberries; scrambled egg whites; water and coffee or tea.	Brown-rice cakes spread with nut butter and flaxseed; 1 banana; water.	Mixed greens topped with sliced tomato, grilled chicken and a squeeze of fresh lemon juice; piece of Ezekiel toast; water.	1 serving of Ryvita crackers, topped with applesauce and flaxseed; 1 handful almonds; water.	Herbed Rainbow Trout (pg 344); Heirloom Tomato Salad (pg 317); brown rice; water.	Scrambled egg whites with spinach; water or caffeine-free herbal tea.
DAY 7	Oatmeal with berries, bee pollen, flaxseed, and wheat germ; egg whites; water and coffee or tea.	Sliced cucumbers, carrots and cherry tomatoes; hummus; water.	Leftover brown rice stuffed in a whole-wheat pita with grilled chicken, tzatziki, cucumbers, olives and alfalfa sprouts; water.	1 handful almonds; 1 pear; water.	Asian Noodle Bowls (pg 374); water.	Hardboiled egg whites; kiwi; water or caffeine-free herbal tea.

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