

Soft Sample Menu

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| Breakfast 8am | Breakfast 8am | Breakfast 8am |
| 4 hardboiled egg whites | 1 Veggie Sausage Patty and ½ cup fat-free/low-fat Greek yogurt | ¼ x cup unsweetened oatmeal with 1/8 cup mixed berries + 1-2 x hardboiled egg whites |
| Snack 10am | Snack 10am | Snack 10am |
| Whey protein shake | Whey protein shake | Whey protein shake |
| Lunch 12pm | Lunch 12pm | Lunch 12pm |
| ½ cup minestrone soup and 2oz canned chicken | ½ cup turkey and bean chili | 3oz turkey breast and 1/8 cup sweet potato |
| Snack 2pm | Snack 2pm | Snack 2pm |
| Whey protein shake | Whey protein shake | Whey protein shake |
| Dinner 6pm | Dinner 6pm | Dinner 6pm |
| 3oz broiled tilapia, 1/8 cup soft vegetables, 1/8 cup soft boiled potatoes | 3oz fat free ricotta cheese, 2oz tomato sauce, 1oz fat-free mozzarella cheese | ½ cup Eggbeaters, 1oz fat-free cheddar cheese, 1/8 cup well cooked vegetables (peppers, onions, mushrooms) |