

METABOLIC CONFUSION MEAL PLAN

FROM: / / TO: / /

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Scrambled eggs with spinach and whole-wheat toast	Chicken salad with lettuce, tomato, and avocado on whole-wheat bread	Grilled salmon with steamed broccoli and brown rice	Carrot sticks with hummus
TUE	Oatmeal with fresh berries and low-fat milk	Turkey wrap with lettuce, tomato, and cucumber on a whole-wheat tortilla	Baked chicken with roasted asparagus and quinoa	Low-fat yogurt with granola and honey
WED	Greek yogurt with fresh fruit and nuts	Bean salad with cucumber, tomato, onion, parsley, and lemon dressing	Vegetable stir-fry with tofu and brown rice noodles	Celery sticks with cream cheese
THU	Whole-wheat pancakes with blueberries and maple syrup	Chicken noodle soup with crackers and cheese	Spaghetti with turkey meatballs and marinara sauce	Low-fat cottage cheese with pineapple chunks
FRI	Smoothie made with low-fat milk, banana, strawberries, and oats	Bean burrito with salsa, cheese, lettuce, and sour cream on a whole-wheat tortilla	Roasted chicken with mashed potatoes and green beans	Popcorn with olive oil and sea salt
SAT	French toast with fresh raspberries and whipped cream	Vegetable lasagna with low-fat ricotta cheese and spinach	Beef stew with carrots, potatoes, celery, and herbs	Dried apricots and dark chocolate
SUN	Cereal with low-fat milk and sliced banana	Tomato soup with grilled cheese sandwich on whole-wheat bread	Roasted pork loin with roasted sweet potatoes and Brussels sprouts	Rice cakes with almond butter and jam