

Pfeifit Meal Plan 1

<u>MON</u> Breakfast, 2 Slices of Wholegrain toast, 4oz Low Fat Yogurt with 1oz Honey	<u>TUE</u> Breakfast, 1 Plain Bagel with 5 Scrambled egg whites with 2oz Smoked Salmon	<u>WED</u> Breakfast, Whole Grain Toast, 2Bananas, 1oz Honey and 2oz Peanut Butter	<u>THU</u> Breakfast, Grain or Flax Cereal, 1oz Berries, Kiwi Fruit, ½ Pint of Orange Juice	<u>FRI</u> Breakfast, Oatmeal with 3oz Oats, 1pt Skimmed Milk, 1.5oz mixed Nuts and Juice	<u>SAT</u> Breakfast, Omelet made with 4 Egg Whites, 2 Yolks and 1 Plain Bagel	<u>SUN</u> Breakfast, Grain or Flax Cereal, 1oz Berries, Kiwi Fruit, ½Pint of Mango Juice
Snack, Protein Shake, Health Shake with Low Fat Milk/CBD Super foods	Snack, 2 Apples, 1oz Cereal Bar, 1oz Almonds	Snack, Protein Shake, Health Shake with Low Fat Milk/CBD Super food	Snack, 2Apples, 5oz Low Fat Yogurt topped with 1oz Hazelnuts	Snack, Health Shake with Low Fat Milk/CBD Super food	Snack, 22oz Yogurt with 3oz Dried Pineapple	Snack, Health Shake with Low Fat Milk/CBD Super food
Lunch, 1lb Mixed Sushi Pack	Lunch, 1 Med Baked Potato with 3oz Tuna and Handful of Mixed Salad	Lunch, 2 Bagels with Cottage Cheese and Pineapple	Lunch, Turkey or Salmon Omelet made with 3whites, 2Yolks	Lunch, Healthy Pita of choice Light with the Sauces	Lunch, Fill 2 Wholegrai n Rolls with 2oz Chicken and Mixed Salad with Shake	Lunch, Healthy Pita of choice Light with the Sauces
Snack, 5oz Mixed Preferably Fruit Salad	Snack, Health Shake with Low Fat Milk and added super foods	Snack, Cereal or Cliff Related energy bar.	Snack, Health Shake with Low Fat Milk/CBD Super food	Snack, 4oz Low Fat Yogurt, 1 Orange and 2 Bananas	Snack, Health Shake with Low Fat Milk/CBD Super food	Snack, 4oz Low Fat Yogurt, 1 Orange and 2 Bananas
Dinner, Chicken Pasta (1 Chicken Breast, 3oz wholegrain pasta, 4oz Chopped Broccoli and 4oz Carrots)	Dinner, Homemade 8-10" Pizza. You Can also order a Small Pizza with "no" extra cheese.	Dinner, Grill 7oz Salmon served with 3oz Brown Rice and Spinach Salad	Dinner, Turkey Breast Soup, 3oz Cooked Noodles with Soy Sauce	Dinner, Baked Mackerel or Salmon. Baked in Tin Foil with Lemon and Spices	Dinner, Chicken Curry with 13oz Brown Rice	Dinner, Veggie Burger served with baked medium sweet Potato