

WEDNESDAY DAY 4 LOW CALORIE & CARB DAY - approx 974 calories - 81 carbs

Breakfast- approx 182 calories - TOTAL 29 Carbs

Cinnamon oatmeal (170 calories)
2 large sliced strawberries (12 calories)

Lunch- approx 433 calories - Total 18 Carbs

1 cup spinach (7 calories)
14 walnut halves (185 calories)
1 oz feta cheese (58 calories)
1/3 cup sweetened dried cranberries (138 calories)
1 tbsp light balsamic vinaigrette (30 calories)
1/2 cup broccoli (15 calories)

Snack - approx 90 calories - Total 9 carbs

10 baby carrots (40 calories)
2 tbsp hummus (50 calories)

Dinner- approx 269 calories - Total 26 Carbs

1/2 grilled chicken breast (130 calories)
1 cup steamed cauliflower (25 calories)
1 cup sweet potato (114 calories)

Thursday Day 5 -: HIGH CALORIE & CARB DAY 1746 calories - 217 CARBS

Breakfast- approx 550 calories - Total 59 carbs

1 cup orange juice (112 calories)
Poached egg on a whole-wheat English muffin with nitrate/nitrite free 1 slice Canadian bacon (71 and 134 and 43 = 248 calories)
1/2 cup sautéed potatoes (1 tbsp olive oil) with 1/4 cup mushrooms and dash of salt and 1 tsp garlic powder (58 and 119 and 4 and 9 = 190 calories)

Snack- approx 208 calories - Total 27 carbs

25 raspberries (25 calories)
1/2 wheat bagel with 1 tsp almond butter (150 and 33 = 183 calories)

Lunch- approx 415 calories -

Whole-wheat wrap (190 calories)
1 tbsp hummus (25 calories)
1/2 cup shredded carrots (25 calories)
4 olives (20 calories)
1/4 cup sprouts (2 calories)
2 oz deli chicken breast (50 calories)
1/2 cup shredded romaine lettuce (4 calories)
1/4 cup avocado (59 calories)
8 cherries (40 calories)

Snack- approx 135 calories - Total 7 carbs

1/2 cup edamame (65 calories)
1 part-skim mozzarella cheese stick (70 calories)

Dinner- approx 438 calories - Total 67 carbs

3 oz baked trout with lemon and 1/4 cup bread crumbs: (126 and 30 = 156 calories)
1/2 cup roasted tomatoes (22 calories)
1/4 cup brown rice with 1/2 cup steamed kale and 1/4 cup chickpeas: (172 and 16 and 72 = 260 calories)