

Breakfast	Snack	Lunch	Snack	Dinner
Chocolate Banana Peanut Butter Shake	Protein Bar	Peas, Cottage Cheese, Lentils	Hummus with Corn Chips	Steak, Baked Potatoes, Salad
Oatmeal with Raisins and Milk	Recovery Drink, Apple	Chicken Breast over Green Salad	Protein Bar	Tilapia, Barley, Broccoli
Chocolate Banana Peanut Butter Shake	Protein Bar	Tuna Salad over Bed of Mixed Green	Hummus with Corn Chips	Italian Chicken, Whole-Wheat Roll, Green Salad
Oatmeal with Raisins and Milk	Recovery Drink, Apple	Omelet (Eggs, Tomatoes, Onions, Cheese)	Protein Bar	Meatloaf, Sweet Potatoes, Green Salad
Chocolate Banana Peanut Butter Shake	Protein Bar	Salad with Lentils and Cottage Cheese	Cheese Slices, Apple	Tilapia, Wild Rice, Green Salad
Oatmeal with Raisins and Milk	Recovery Drink, Apple	Chef Salad	Protein Bar	Seasoned Chicken Breasts, Broccoli, Barley