

Male Healthy & Fit On 7



	BREAKFAST	LUNCH	DINNER	DESSERT
Monday	Mexican Egg White Scramble w/Turkey Bacon	Grilled Chicken Wrap w/Spinach, Peppers, Coleslaw	Mini Turkey & Bell Pepper Meatloaf Bites W/Broccoli & Brown Rice	SLUDGE
Tuesday	Peanut Butter Waffles w/Berries	Albacore Tuna Salad Cups w/ Balsamic & Sliced Almonds	Grilled Salmon w/ Mango Lime Siracha Sauce, Rice, Mixed Veggies	Chocolate Chip Protein Cookie
Wednesday	Red Quinoa Pancake w/ Turkey Bacon	Teriyaki Chicken Bowl w/ Zucchini Noddles, Green Beans, Brown Rice	Marinated Tri Tip w/ Rosemary Potatoes, Green Beans	SLUDGE

Thursday	Egg White Omelet Spinach, Peppers & Mushrooms	Grilled Chicken Fajitas w/ Cilantro Rice & Black Beans	Red Pepper Fish Quinoa Veggies	Red Grilled	Double Chocolate Chip Protein Cookie
Friday	Bannana Oats Protein Pancakes, Turkey Sausage	Brown Pasta with Marinara Turkey Meatballs	Sweet Potato Nacho Fries w/ Shredded Chicken		SLUDGE

Please advise us if you have any allergies to any of the food items or need to make substitutions to any category based on your liking

Mid Morning Snack Recommendations:

- Protein Cookie (Custom Caterers FIT)
- Protein Sludge (Custom Caterers FIT)
- Protein Pancake (Custom Caterers FIT)
- 1 apple with 1 tbsp of all natural Peanut Butter
- 1 cup of berries of choice with small greek yogurt
- cottage cheese with 1 cup of chopped strawberries
- 1 cup of raw almonds with 1 apple
- 1 tbsp of all natural Peanut Butter with 1 rice cake
- Protein Shake

Mid Day Snack Recommendations:

- Protein Cookie (Custom Caterers FIT)
- Protein Sludge (Custom Caterers FIT)

Protein Shake

1 apple with 1 tbsp of all natural Peanut Butter

Veggie Salad with fresh squeezed lemon juice

Protein Bar

