



2-Day Healthy Eating Meal Plan

Night #1

Day #1

Day #2

	7:00 <u>Energizing Morning Smoothie</u> (4 oz women, 6 oz men)	7:00 <u>Energizing Morning Smoothie</u> (4 oz women, 6 oz men)
	8:15 Balanced Breakfast: <u>Yam Pancake with Poached Egg, Avocado, and Salsa</u> *	8:15 Balanced Breakfast: <u>Avocado Tahini Toast</u> *
	10:30 Morning Snack: 1 apple and 2 Tbsp. of raw almonds (about 10-12) *	10:30 Morning Snack: ½ banana and 2 Tbsp. of raw almonds (about 10-12) *
	12:30 Healthful Lunch: <u>Green Bean & Tomato Salad with Chimichurri Vinaigrette & Roast Turkey</u> (1 serving)*	12:30 Healthful Lunch: Curried Butternut Squash Lentil Soup (8 oz women, 12 oz men)
	2:30 Afternoon snack: 2 Tbsp. of hummus 1/3 cup sliced carrots & sliced cucumber *	2:30 Afternoon snack: 2 Tbsp. of hummus and 1/3 cup snap peas & cherry tomatoes *
6:00 pm Nutritious Dinner: <u>Roasted Turkey Breast with Chimichurri, Roasted Yams, and Green Beans Amandine</u> (1 serving)	5:30 Nutritious Dinner: <u>Moroccan Spiced Beef with Roasted Butternut Squash & Baby Spinach Salad with Hemp Seed Tahini Dressing</u> (1 serving)	