

Breakfast	Snack	Lunch	Snack	Dinner
Scrambled eggs and cheese cooked with coconut oil, fruit	Recovery drink Protein bar	Tossed salad with tuna, yogurt	Cheese	Burgers with ketchup, toast with butter, veggies
Protein Shake	Recovery drink Protein bar	Tossed salad with hard-boiled eggs, cheese, dressing, avocado	Frozen yogurt	Italian Chicken, Kashi Whole Grain Pilaf, veggies
Scrambled Eggs cooked with cottage cheese, fruit	Recovery drink Protein bar	Tossed salad with chicken breast, avocado, shredded cheese and dressing	Frozen yogurt	Beef and veggie Stirfry with Kashi Whole Grain Pilaf
Protein Shake	Recovery drink Protein bar	Tossed salad with hard-boiled eggs and cottage cheese	Frozen yogurt	Shredded chicken, lettuce, tomatoes, avocado and salsa in a whole-wheat tortilla
Scrambled Eggs cooked with cottage cheese, fruit	Recovery drink Protein bar	Tossed salad with shredded chicken and avocado	Frozen yogurt	Sandwich from Jason's Deli, veggies
Scrambled eggs, English muffins with butter	Recovery drink Protein bar	Vivanno smoothie from Starbucks	Cheese	Tossed salad with hard-boiled eggs, chopped chicken, tomatoes, ½ avocado, dressing
Drink 8 12-oz. glasses of water each day (1-2 glasses with Emergen-C packet)				
Vitamins and supplements: Supermom Vitamins				