



## SAMPLE MEAL PLAN

BREAKFAST	LUNCH	DINNER
<p><b>Gluten-Free Oatmeal</b></p> <p>1 cup cooked gluten-free oatmeal            1 1/2 cup berries            2 tbsp. nuts/seeds</p> <p>Prepare oats as directed and top with berries and nuts. Sprinkle with cinnamon.</p> <p>Serve with:            1 hardboiled egg            8 oz. alternative milk            1 cup of unsweetened hot tea</p>	<p><b>Grilled Chicken Salad</b></p> <p>1 cup salad greens            1/2 cup chopped vegetables (cucumber, radish, pepper, tomato, beets, carrots, etc.)            1/4 cup beans (black, kidney, etc.)            3 ounces grilled or baked protein of choice (chicken, salmon, etc.) (protein)            Olive oil &amp; vinegar dressing (fat)</p> <p>Place salad greens and veggies on a plate, top with grilled or baked protein of choice, and dress with olive oil &amp; vinegar.</p> <p>Serve with:            1 serving of fruits            8 oz. of water</p>	<p><b>Sheet Pan Salmon &amp; Vegetables</b></p> <p>3 ounces wild-caught salmon            1 sweet potato            1/2 cup broccoli            Herbs/Spices of your choosing</p> <p>Preheat oven to 450 degrees. Plan out how to add each ingredient to the sheet pan so sweet potato, broccoli, and salmon finish cooking at the same time. Peel and cube sweet potato and cut up broccoli into florets. Toss with olive oil, salt, pepper, and herbs/spices of choice and add to sheet pan. Roast for 20-30 minutes. Prepare salmon by topping with herbs and spices of your choice. Add to sheet pan based on time needed. Bake 4-6 minutes per half inch of thickness.</p> <p>Serve with:            8 oz. of water</p>