

Dec 14 – 20

Mon 14	Tue 15	Wed 16	Thu 17	Fri 18	Sat 19	Sun 20
<p>Breakfast</p> <p>Steel Cut Oatmeal with Cinnamon</p> <p>Grilled Asparagus</p> <p>Poached Eggs</p> <p>Apple, large</p> <p>110</p>	<p>Breakfast</p> <p>Coffee</p>	<p>Breakfast</p> <p>Steel Cut Oatmeal with Cinnamon</p> <p>Grilled Asparagus</p> <p>Poached Eggs</p> <p>Apple, large</p> <p>110</p>	<p>Breakfast</p> <p>Coffee</p>	<p>Breakfast</p> <p>Steel Cut Oatmeal with Cinnamon</p> <p>Grilled Asparagus</p> <p>Poached Eggs</p> <p>Apple, large</p> <p>110</p>	<p>Breakfast</p> <p>Coffee</p>	<p>Breakfast</p> <p>Coffee</p>
<p>Lunch</p> <p>Baked Salmon</p> <p>Zucchini</p> <p>Sweet Potato</p>	<p>Lunch</p> <p>Chocolate Banana GREENS Shakeology</p> <p>Carrots</p> <p>Hummus</p>	<p>Lunch</p> <p>Baked Salmon</p> <p>Zucchini</p> <p>Sweet Potato</p>	<p>Lunch</p> <p>Chocolate Banana GREENS Shakeology</p> <p>Hummus</p> <p>Carrots</p>	<p>Lunch</p> <p>Baked Salmon</p> <p>Zucchini</p> <p>Sweet Potato</p>	<p>Lunch</p> <p>Chocolate Banana GREENS Shakeology</p> <p>Carrots</p> <p>Hummus</p>	<p>Lunch</p> <p>LEFTOVERS</p>
<p>Supper</p> <p>Rotisserie Chicken</p> <p>Mushrooms</p>	<p>Supper</p> <p>Grilled Asparagus</p> <p>Beef and Butternut Squash Stew</p> <p>Berries</p>	<p>Supper</p> <p>Rotisserie Chicken</p> <p>Mushrooms</p>	<p>Supper</p> <p>Grilled Asparagus</p> <p>Beef and Butternut Squash Stew</p> <p>Berries</p>	<p>Supper</p> <p>Rotisserie Chicken</p> <p>Mushrooms</p>	<p>Supper</p> <p>Beef and Butternut Squash Stew</p> <p>Grilled Asparagus</p> <p>Berries</p>	<p>Supper</p> <p>RESTAURANT MEAL!!</p>
<p>Snacks</p> <p>Chocolate Banana Shakeology</p> <p>Beachbody Performance Recover Drink</p> <p>Almond Butter</p> <p>Avocado</p>	<p>Snacks</p> <p>Greek Yogurt</p> <p>Jacqui's Skinny Egnnog for 1</p> <p>Beachbody Performance Recover Drink</p> <p>Garlic Pickled Eggs</p>	<p>Snacks</p> <p>Beachbody Performance Recover Drink</p> <p>Chocolate Banana Shakeology</p> <p>Almond Butter</p> <p>Avocado</p>	<p>Snacks</p> <p>Jacqui's Skinny Egnnog for 1</p> <p>Beachbody Performance Recover Drink</p> <p>Garlic Pickled Eggs</p> <p>Greek Yogurt</p>	<p>Snacks</p> <p>Chocolate Banana Shakeology</p> <p>Beachbody Performance Recover Drink</p> <p>Almond Butter</p> <p>Avocado</p>	<p>Snacks</p> <p>Greek Yogurt</p> <p>Jacqui's Skinny Egnnog for 1</p> <p>Garlic Pickled Eggs</p> <p>Beachbody Performance Recover Drink</p>	<p>Snacks</p> <p>Quest Bar</p> <p>Beachbody Performance Recover Drink</p>
<p>Notes</p> <p><b>1 YELLOW</b> (12/14) Steel Cut Oatmeal with Cinnamon</p> <p><b>1 GREEN</b> (12/14) Grilled Asparagus</p> <p><b>Drizzle salmon with EVOO (1 TSP) and sprinkle with chopped walnuts (1 ORANGE).</b> (12/14) Baked Salmon</p> <p><b>1 RED</b> (12/14) Baked Salmon</p> <p><b>1 RED</b> (12/14) Rotisserie Chicken</p> <p><b>1 GREEN</b> (12/14) Zucchini</p> <p><b>1 RED</b> (12/14) Poached Eggs</p> <p><b>1 GREEN</b> (12/14) Mushrooms</p> <p><b>1 PURPLE</b> (12/14) Apple, large</p> <p><b>1 YELLOW</b> (12/14) Sweet Potato</p> <p><b>Does not count toward containers in Hammer &amp; Chisel.</b> (12/14) Beachbody Performance Recover Drink</p> <p><b>1 RED 1 PURPLE</b> (12/14) Chocolate Banana Shakeology</p> <p><b>1 TSP</b> (12/14) Almond Butter</p> <p><b>1 BLUE (can drizzle with balsamic vinegar)</b> (12/14) Avocado</p>	<p>Notes</p> <p><i>This is an Intermittent Fasting day. I typically eat like this, with most of my calories at the end of the day.</i></p> <p><b>1 RED, 1 PURPLE, 1 GREEN</b> (Note: technically the Power Greens don't have to be counted against your GREEN containers.) (12/15) Chocolate Banana GREENS Shakeology</p> <p><b>1 GREEN</b> (12/15) Carrots</p> <p><b>1 GREEN</b> (12/15) Grilled Asparagus</p> <p><b>1 GREEN, 1 RED</b> (12/15) Beef and Butternut Squash Stew</p> <p><b>Sprinkle with unsweetened shredded coconut (1 ORANGE).</b> (12/15) Berries</p> <p><b>1 RED</b> (12/15) Greek Yogurt</p> <p><b>1 BLUE</b> (12/15) Hummus</p> <p><b>1 PURPLE</b> (12/15) Berries</p> <p><b>Does not count toward containers in Hammer &amp; Chisel.</b> (12/15) Beachbody Performance Recover Drink</p> <p><b>1/2 RED</b> (12/15) Jacqui's Skinny Egnnog for 1</p> <p><b>1/2 RED per egg</b> (12/15) Garlic Pickled Eggs</p>	<p>Notes</p> <p><b>1 YELLOW</b> (12/16) Steel Cut Oatmeal with Cinnamon</p> <p><b>Drizzle salmon with EVOO (1 TSP) and sprinkle with chopped walnuts (1 ORANGE).</b> (12/16) Baked Salmon</p> <p><b>1 RED</b> (12/16) Baked Salmon</p> <p><b>1 GREEN</b> (12/16) Grilled Asparagus</p> <p><b>1 RED</b> (12/16) Poached Eggs</p> <p><b>1 RED</b> (12/16) Rotisserie Chicken</p> <p><b>1 GREEN</b> (12/16) Zucchini</p> <p><b>1 GREEN</b> (12/16) Mushrooms</p> <p><b>1 PURPLE</b> (12/16) Apple, large</p> <p><b>1 YELLOW</b> (12/16) Sweet Potato</p> <p><b>1 RED 1 PURPLE</b> (12/16) Chocolate Banana Shakeology</p> <p><b>Does not count toward containers in Hammer &amp; Chisel.</b> (12/16) Beachbody Performance Recover Drink</p> <p><b>1 TSP</b> (12/16) Almond Butter</p> <p><b>1 BLUE (can drizzle with balsamic vinegar)</b> (12/16) Avocado</p>	<p>Notes</p> <p><i>This is an Intermittent Fasting day. 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<p>Cal</p> <p>110</p>	<p>Cal</p> <p>340</p>	<p>Cal</p> <p>110</p>	<p>Cal</p> <p>340</p>	<p>Cal</p> <p>110</p>	<p>Cal</p> <p>340</p>	<p>Cal</p> <p>180</p>

