

***This is a sample daily menu based on the [Weight Trackers Menu Plan](#) available at the [Fitness Makeover ProShop](#).***

**Breakfast**

1 egg plus 3 whites  
½ cup cheerios cereal  
½ c skim or nonfat milk (with cereal)  
½ tblsp butter (with eggs)

Make an omelet or scramble the eggs, with butter on top or use to cook.  
Have cereal with milk.  
Coffee or water to drink.

**Snack 1 Mid-morning**

1 apple  
2/3 c cottage cheese

Can eat separately or dice the apple and add to the cottage cheese

**Lunch**

½ chicken breast (cooked/diced)  
1 oz. Cheese  
lettuce  
cucumber (chopped or sliced)  
¼ c corn  
½ baked potato  
1 tblsp nonfat salad dressing  
1 oz avocado  
1 tblsp margarine or ½ tbl butter

Make a Mixed Chicken Salad:  
In a bowl, place lettuce and top with cucumbers, corn, avocado, cheese and chicken.  
Add non fat salad dressing  
Baked potato on the side with 1 tblsp margarine or ½ tbl butter

**Snack 2: Mid-afternoon**

Zone bar any flavor

**Dinner**

4 oz lean beef  
½ c cooked (measurement) pasta  
broccoli  
zucchini

Beef can be steak or strips. Season to your taste, bake, grill or stir fry (with non-stick cooking spray aka "Pam") . Measure the pasta after cooking. Mix it all together for a Pasta salad or serve as a plated meal.

**Snack 3 optional**

1 scoop protein powder in 4oz cold water-great for muscle recovery while sleeping!