|  |  |  |
| --- | --- | --- |
| t |  |  |
|  |  |  |
|  | ---> Breakfast |  |
|  |   |  |
|  |   | ---> Protein (e.g., eggs, yogurt, tofu) |
|  |   |  |
|  |   | ---> Whole Grains (e.g., oatmeal, whole wheat bread) |
|  |   |  |
|  |   | ---> Fruits or Vegetables (e.g., berries, spinach) |
|  |  |  |
|  |  |  |
|  | ---> Mid-Morning Snack |  |
|  |   |  |
|  |   | ---> Protein (e.g., nuts, Greek yogurt) |
|  |   |  |
|  |   | ---> Fruits or Vegetables (e.g., apple, carrot sticks) |
|  |  |  |
|  | ---> Lunch |  |
|  |   |  |
|  |   | ---> Lean Protein (e.g., chicken, fish, lentils) |
|  |   |  |
|  |   | ---> Whole Grains (e.g., brown rice, quinoa) |
|  |   |  |
|  |   | ---> Vegetables (e.g., broccoli, mixed greens) |
|  |  |  |
|  | ---> Afternoon Snack |  |
|  |   |  |
|  |   | ---> Protein (e.g., cottage cheese, hummus) |
|  |   |  |
|  |   | ---> Healthy Fats (e.g., avocado, nuts) |
|  |  |  |
|  | ---> Dinner |  |
|  |   |  |
|  |   | ---> Lean Protein (e.g., turkey, tofu) |
|  |   |  |
|  |   | ---> Complex Carbohydrates (e.g., sweet potatoes, whole wheat pasta) |
|  |   |  |
|  |   | ---> Vegetables (e.g., asparagus, cauliflower) |
|  |  |  |
|  | ---> Evening Snack (if needed) |  |
|  |   |  |
|  |   | ---> Light and Healthy Option (e.g., a small serving of yogurt) |
|  |  |  |
|  | ---> Hydration |  |
|  |   |  |
|  |   | ---> Drink Plenty of Water Throughout the Day |
|  |   |  |
|  |   | ---> Herbal Tea or Low-Sugar Beverages (e.g., green tea) |
|  |  |  |
|  | ---> End |  |