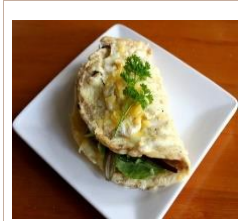


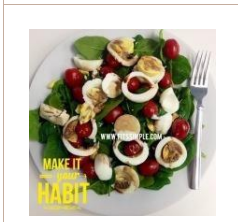
Sample Menu

Dairy Free



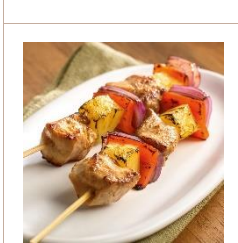
BREAKFAST

- 1 cup hot water or herbal tea and lemon
- 2 egg whites & 1 egg omelet with green veggies
- 2 pieces lean turkey bacon
- ½ cup mixed berries



LUNCH

- 6 ounces fish
- 2 cups spinach and egg salad (see recipes)
- 2 tablespoons olive oil and red wine vinegar



DINNER

- 2 pineapple chicken skewers (see recipes)
- 1 cup steamed veggies
- 1 cup salad
- 2 tablespoons olive oil and red wine vinegar



HYDRATE with WATER

