Drop a Jean Size 2018 – Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 cup Greek Yogurt with 1/2 cup pineapple, 1 Tbls Ground Flax Seeds & 1 Tbls chopped almonds and drizzle of honey	1/2 cup uncooked oatmeal made with 1 cup almond milk,1/2 cup of fresh berries	**Smoothie of choice**	1 cup Greek yogurt with 1/2 cup mixed berries, 1 Tbls ground flax seeds,& 1 Tbls chopped almonds	1/2 cup uncooked oatmeal made with 1 cup mild,1/2 cup of fresh berries	1 cup chopped of fresh fruit, 1 cup lowfat cottage cheese, 2 Tbls chopped nuts	1 slice of Ezekiel bread topped with 2 tablespoons peanut butter, 1 cup diced pineapple
Snack	1 hard boiled egg 1 apple	1 hard-boiled egg, 1/4 cup raw almonds	2 tablespoon raw almonds and 1/4 cup dried cranberries or raisins	1 hard-boiled egg and 1 apple	1 Tbls peanut or almond butter w/ 2 stalks celery	1 hard-boiled egg and 1apple	1 cup Greek yogurt, 1/2 cup fresh, fruit drizzle of honey
Lunch	Rice bowl: 1 cup cooked brown rice, 1/2 cup black beans, 1 cup baby spinach, 3 ounces grilled chicken or shrimp and salsa	Chicken Salad Wrap; 3 ounces cooked chicken breast (shredded or diced) mixed with chopped celery (to taste), sprinkle of Mrs. Dash, 1 tablespoon plain Greek yogurt, 1/4 avocado and 1 teaspoon mustard in a Ezekiel tortilla with 1 cup baby carrots	Egg salad on 2 slices toasted Ezekiel Bread	1 Chicken salad wrap from Tuesday	Rice bowl: 1 cup cooked brown rice, 1/2 cup black beans, 1 cup baby spinach, 3 ounces grilled chicken or shrimp and salsa	Grilled Chicken, 3 cups mixed greens, 1 cup mixed vegetables,5 oz grilled chicken breast, and 2 Tbls homemade vinaigrette.	Tuna Salad w/ 1 cup mixed greens, 1 cup veggies, 2 Ry-Krisp Crackers and 1 Tbls DAJS Dressing of choice

Snack	Post workout shake	Post workout shake	Post workout shake	Post workout shake	Post workout shake	Post workout shake	Post workout shake
Dinner	5 oz. cooked Tilapia Caprese salad: 2 ounces fresh mozzarella cheese (diced), sliced tomato, plus fresh basil leaves, topped with 1 Tbls Extra Virgin Olive oil and balsamic vinegar	Chicken or Shrimp stir fry from week 1	4 oz grilled tuna steak, 3/4 cup quinoa, 1 cup steamed broccoli	Turkey Tacos and Side salad w/ 1 tablespoon vinaigrette	Chicken or Shrimp stir fry from week 1	Pizza:1 Ezekiel tortilla lightly toasted in a 350* oven 3 minutes; top with sliced tomato, black olives, thinly sliced red onion, seasonings of your choice, and 1/3 cup shredded cheese, bake 350* until cheese starts to melt	5 oz cooked tilapia & Caprese salad