



***Shake It Up* BREAKFAST**

Blend all ingredients in blender: 1 serving Shaklee protein powder, 1 cup fresh or frozen strawberries, 1 cup fresh or frozen peaches, 1 tbsp sugar, 1 cup almonds, 1 cup low fat milk. Adjust to taste. Add variety to shakes by trying different fruit combinations, add some vanilla flavoring, etc.

***Wrap It Up* LUNCH**

Make a wrap sandwich using reduced-fat flour tortilla. Fill with tuna salad or lean deli meat, lettuce, and chopped tomatoes. Serve with baked chips and fresh fruit.

Crunchy Yogurt Snack

A cup of your favorite fruit flavored light yogurt topped with low-fat granola.

***Eat Fish Often!* DINNER**

Grill tilapia filets, brushed with olive oil and sprinkled with lemon pepper. Serve with steamed broccoli and a baked sweet potato.

Dessert: Angel Food cake topped with sugar free vanilla pudding, berries, and whipped topping.