



Cold Cereal BREAKFAST

2/3 cup high fiber cereal (Bran Flakes, Shredded Wheat, Oat Squares)
6-8 oz reduced fat milk w/1 oz Shaklee protein powder mixed in
1/2 cup berries or small banana

Brown Bag LUNCH

Have a sandwich made with lean deli meat, loaded with fresh vegetables. Serve with baked chips or pretzels and a pickle spear. Applesauce for dessert.

Energy Snack

Cashews, almonds, and raisins

Heart Healthy DINNER

Chicken Soft Tacos - Combine 2 tsp ground cumin, 1 tsp cumin seeds, 1 tsp paprika, 1/2 tsp salt, 1/4 tsp pepper. Rub mixture over 2 lbs chicken breast, sliced into bite size pieces. Heat 1 tbsp olive oil in a large skillet over medium high heat. Add sliced chicken; cook 4 minutes or until browned on all sides. To serve, place 4 oz of chicken on corn tortilla. Add salsa, chopped lettuce and tomato. Roll and enjoy!

Serve with black beans and a bowl of fresh fruit for dessert.