



Coffeehouse BREAKFAST

1 large, reduced-fat muffin (you can buy these at the grocery store or make your own)
Small glass of orange juice mixed with Shaklee protein powder
16-oz fat-free cappuccino

You Bet Your Bagel LUNCH

Choose a plain, sesame, onion, or pumpernickel bagel and fill it with 3 oz of your favorite lean meat (chicken, turkey, ham). Add some lettuce, tomato, and mustard. Serve with fresh veggies and reduced-dressing (or baked chips).
Have an apple for dessert.

Imitation Ice Cream Sandwich Snack

Sandwich 2 tablespoons of fat-free whipped topping between two chocolate graham cracker squares, then freeze. Have a small handful of peanuts or almonds for protein.

Chicken Strips Dinner

Lightly coat 4 oz of tender, boneless white meat chicken strips with a mixture of 1/2 oz of crushed baked potato chips and Cajun seasoning. Bake till crispy. Serve with 1/2 cup of mashed red potatoes and a generous portion of steamed zucchini and yellow squash.
Angel food cake with strawberries and whipped topping for dessert.