



***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.

***Super Satisfying* LUNCH**

Have a salad of fresh spinach with your favorite fresh veggies added. Top with 2 oz of grilled chicken breast strips and crunchy chow mein noodles. Dressing: 1 tbsp fat-free mayo, 1 tbsp spicy brown mustard, and a sprinkle of ginger and garlic powder. Serve with fresh fruit.

***Chocaholic* Snack**

Have a fat-free brownie and 1/2 cup of low fat milk.

***Eat Fish Often!* DINNER**

Boiled shrimp (about 20) with cocktail sauce; 1 ear of corn with reduced-fat butter; green beans seasoned with turkey bacon and onion; tossed salad with your choice of dressing.

Dessert: Light frozen yogurt topped with berries.