

Cindy's Sample Menu Plan

Breakfast

- 2-egg Omelette with spinach or kale, ½ avocado, salsa
- Loaded Oatmeal, mix with protein powder, maca powder, berries, nuts, chia seeds, ground flax seeds, and/or non-dairy milk

Power Salad Lunch

Each day, create your filling salad. Here's how...

Start with lettuce	2 cups, any variety or mix, spinach, arugala, spring mix
Add unlimited veggies	Go for at least a one-cup mix of options like raw tomatoes, cucumber, onion, bell peppers, shredded carrots, cabbage, sugar snap peas, broccoli, etc.
Add belly-shrinking protein	Choose one of the following: 3 oz. grilled chicken; 3 oz. tuna or salmon; 2 sliced hard-cooked omega-3 eggs; ¾ cup shelled edamame; ⅔ cup chickpeas, ½ cup cooked quinoa *Want to add two? A half portion of each is fine!
Add a flat-belly bonus	Choose one of the following: ¼ cup shredded cheese; 3 Tbs. sliced almonds or other nuts; 20 olives; 2 Tbs. sunflower seeds; 2 Tbs. dried fruit ; ½ avocado can be added each time *Want to add two? A half portion of each is fine!
Toss with tummy-slimming dressing	1 1/2 tsp. olive oil plus red wine vinegar and herbs to taste or 2 Tbs. Newman's Own Light Red Wine & Vinegar Dressing (or any olive oil dressing with 60 calories for 2 Tbs.)

Snack

Refer to the Healthy Snack handout and my Top 10 Protein Snacks handout

Dinner

- Lean protein – chicken 2-3 nights a week, fish 2 nights, 1 night of pork, 1 night of lean beef, veggie night
- 2 veggies on the side, one can be a starchy veg like carrots, yams
- Small portion of whole grains like brown rice, quinoa, limit potatoes, work on deleting
- Small salad if you wish