|           | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday                       | Sunday                           |
|-----------|--|--|--|---|--|--------------------------------|----------------------------------|
| Workout   | CLX/T25  | CLX/T25  | CLX/T25  | CLX/T25   | CLX/T25  | CLX                            | Rest Day                         |
| Breakfast | Oatmeal,<br>almond milk,<br>protein<br>powder<br>Blue berries<br>Flax seed           | Oatmeal,<br>almond milk,<br>protein<br>powder<br>Blue berries<br>Flax seed | Oatmeal,<br>almond milk,<br>protein<br>powder<br>Blue berries<br>Flax seed | Oatmeal,<br>almond<br>milk,<br>protein<br>powder<br>Blue berries<br>Flax seed | Oatmeal,<br>almond milk,<br>protein<br>powder<br>Blue berries<br>Flax seed | Egg white<br>veggie<br>omelet  | Egg white<br>veggie omelet       |
| Snack     | Veggies &<br>Hummus  | Turkey,<br>pepper &<br>avocado rolls                                       | HB Eggs  | Cottage<br>cheese &<br>berries  | Meatloaf<br>muffins  | Apples &<br>Almond             | Meatloaf<br>muffins              |
| Lunch     | Shakeology   | Shakeology   | Shakeology   | Shakeology  | Shakeology   | Shakeology                     | Shakeology                       |
| Snack     | Apple &<br>Almond  | Meatloaf<br>Muffins  | Apple &<br>Almonds   | Veggies &<br>Hummus   | Greekyogurt<br>& berries   | Cottage<br>Cheese &<br>berries | Veggles &<br>Hummus              |
| Dinner    | Turkey taco<br>salad<br>(spinach, blk<br>beans, bell<br>pepper,<br>onion,<br>turkey) | Chicken<br>Kebobs,<br>brown rice,<br>veggies                               | Turkey<br>Meatloaf,<br>veggies &<br>Salad                                  | Panko<br>chicken,<br>veggies &<br>Salad                                       | Black Bean<br>burgers,<br>sweet pot.<br>Fries, salad                       | Chicken<br>Salad               | Grilled steak,<br>veggies, Salad |
| Snack     | Optional   | Optional   | Optional   | Optional  | Optional   | Optional                       | Optional                         |

# **Chalean Nutrition Guide**

**Terry C. Jones** 



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