

Rocking It Every Day of The Week!

<i>The Rock Your Health Movement</i>	<i>Motivated Monday</i>	<i>Terrific Tuesday</i>	<i>Work-It Wednesday</i>	<i>Tremendous Thursday</i>	<i>Fantastic Friday</i>
<i>The Best Meal of The Day Breakfast 7AM</i>	Lemon & Warm Water 1 Hard Boiled Egg 1 Whole Grain Toast	Lemon & Warm Water ½ Grapefruit Plain Greek Yogurt w/ Granola & Honey	Lemon & Warm Water Oatmeal with Skim Milk, Cinnamon & Blueberries	Lemon & Warm Water 2 Scrambled Eggs 1 Whole Grain Toast	Lemon & Warm Water ½ Avocado & Scallions 1 Whole Grain Toast Orange Juice
<i>The Balancing Snack 9AM</i>	Cottage cheese ½ Banana	Peanut Butter & Whole Grain Crackers	Walnuts Apple	Plain Greek Yogurt w/Blueberries	Almonds Apple
<i>The Revitalizing Lunch Noon</i>	Tuna Fish Salad w/ Lettuce, Tomatoes & Cucumber	Turkey Breast Zucchini Quinoa	Baked Salmon Green Beans Brown Rice	Cooked Shrimp Wild Rice Asparagus	Chicken Breast Salad Romaine Lettuce, Red Pepper, Cucumber & Scallions
<i>The Balancing Snack 2PM</i>	Green Tea Strawberries Almonds	Green Tea Hummus & Celery	Green Tea Pear Low Fat Cheese	Green Tea Hummus & Carrots	Green Tea Grapes Almonds
<i>The Relaxing Supper 5PM</i>	Black Bean Burrito with Tomato & Avocado Salsa Mixed Salad	Veggie Omelet w/Tomato Sauce & Sunflower Sprouts	Tofu Stir Fry Vegetables Couscous	Chicken Kabobs Baked Sweet Potato Fries Spinach Salad	Veggie Pizza on Tortilla Bread
<i>The Balancing Snack 7PM</i>	Popcorn	Cottage Cheese with Pineapple Slices	Peanut Butter & Apple Slices	Popcorn	2 Pieces of Dark Chocolate Strawberries

- ***This is an example meal plan & will vary based on individual goals...***
- ***The recommended meal & snack amount is the size of your stomach which is size of your fist!***