

# HAPPY BODY WELLNESS

## 1500 Calorie, High Protein Sample Meal Plan

MEAL	MEAL ITEMS
<b>BREAKFAST</b> (Early Morning)	<b>16 fl oz. DRINKING WATER + 1 cup BLACK COFFEE</b>  <b>½ TOASTED 100% WHOLE GRAIN ENGLISH MUFFIN</b> <b>1 tablespoon SALSA</b> <b>½ cup GRILLED ONION, PEPPER, AND MUSHROOMS</b> <b>4 SCRAMBLED EGG WHITES</b>
<b>SNACK</b> (Mid-Morning)	<b>PROTEIN SHAKE:</b>  <b>2 cups UNSWEETENED CASHEW OR ALMOND MILK</b> <b>½ FROZEN BANANA</b> <b>1/2 scoop CHOCOLATE WHEY ISOLATE PROTEIN POWDER</b> <b>2 tablespoons GROUND FLAX MEAL</b> <b>1 tablespoon POWDERED PEANUT BUTTER</b>
<b>LUNCH</b> (Noon)	<b>16 fl oz. DRINKING WATER</b>  <b>1 leaf ROMAINE LETTUCE</b> <b>3 SLICES OF TOMATO</b> <b>1 teaspoons STONE GROUND MUSTARD</b> <b>1 100% WHOLE GRAIN WRAP</b> <b>3 oz. DELI CUT LOW SODIUM TURKEY BREAST</b>
<b>SNACK</b> (Mid Afternoon)	<b>16 fl oz. CLUB SODA or FLAVORED SELTZER WATER</b>  <b>1/2 cup RAW BABY CARROTS</b> <b>3/4 cups 1% COTTAGE CHEESE</b> <b>1 tablespoon UNSALTED MIXED NUTS</b>
<b>DINNER</b> (Evening)	<b>16 fl oz. DRINKING WATER</b>  <b>1/4 cups COOKED LONG GRAIN WILD or BROWN RICE.</b> <b>1/4 cup COOKED ASPARAGUS</b> <b>½ cup COOKED SUMMER SQUASH</b> <b>6 oz. BAKED ATLANTIC WILD CAUGHT SALMON</b>
<b>SNACK</b> (after dinner)	<b>1 cup MIXED BERRIES</b> <b>1/2 cup 0-2% FAT VANILLA GREEK YOGURT</b> <b>1 tablespoon FLAX MEAL</b>

