



JANUARY BALANCE PROGRAM

Meal	
Meal #1	1/2 cup oatmeal 4 Egg whites 1 oz walnuts
Meal #2	1/4 cup oatmeal 1 scoop protein powder 2 egg whites ¼ c. berries (cinnamon, sweetener, to taste, 1 tsp baking powder) BERRY PROTEIN MUFFINS OR PANCAKE
Meal #3	1 LARGE Ezekiel Tortilla OR 2 SMALL Ezekiel tortillas 3 oz white fish 1 oz almond cheese cabbage, tomatoes FISH TACO (S)
Meal #4	1 scoop protein shake 2 cups air popped low fat popcorn sliced cucumbers
Meal #5	4 oz lean protein WEDNESDAY OR THURSDAY —5 OZ SALMON FOR LEAN PROTEIN Green veggies
Meal #6	1 Scoop protein shake 1 tsp flaxseed or chia seed

\*\*1 gallon of water per day

SATURDAY OR SUNDAY- REPLACE ANY MEAL WITH A MODERATE REFUEL MEAL OF YOUR CHOICE. MAKING SMART, HEALTHY CHOICES!