

## HealthTrim® Meal Planning Guide

**Choose one item from each row to create your own meals.**

**Breakfast Example:** 1 egg, 2 C. peppers, onions and tomatoes, 2 slices whole wheat bread, 1 T. coconut milk and 1 C. organic berries.

**Lunch/Dinner Example:** 5 oz. fresh fish, 3 C. steamed vegetables, 1 C. organic brown rice, 1 T. olive oil, 1 C. organic melon

Protein	Vegetable	Carbohydrate	Fats	Optional
2 C. Tofu or Meat Alternative	3 C. Rainbow Salad*	1 C. steamed organic brown rice	1-2 T. olive oil	1 mixed green vegetable juice with organic lemon
5 oz. fresh fish	3 C. steamed vegetables	2 slices whole wheat bread	1-2 T. ground nuts	1 ½ C. herbal iced tea sweetened with Stevia
4 slices of turkey meat	2 C. peppers, tomatoes, onions	1 C. organic slow cooked oatmeal	1-2 T. coconut milk	1 ½ C. organic melon
1 egg or 4 egg whites	2 C. greek or ceasar salad	1 C. whole grain pasta	1 T. flax oil	1 C. organic berries
5 oz. chicken breast	2 C. spinach salad	1 C. cooked millet	¼ C. raw, unsalted almonds	1 organic pear
1 ½ C. beans or lentils	Steamed or raw vegetables	1 C. basmati rice	1 avocado	1 C. organic grapes
5 oz. chicken or turkey burger	3 C. assorted vegetables	1 C. wild organic rice	Reduced fat dressing or feta cheese	1 organic apple

\*Simply use every color in the rainbow using any and all the vegetables you wish