

	EXERCISE CHALLENGE	BREAKFAST (250 cal or less)	SNACK (150 cal or less)	LUNCH (350 cal or less)	SNACK (150 cal or less)	DINNER (500 cal or less)	SNACK (150 cal or less)
SUN	3 sets 10 real push ups; 2 mile run (or run/walk)	Scrambled egg whites, kale, tomato, spinach on whole wheat wrap. (or flax/oat wrap). Adapted from <a href="http://www.pancakewarriors.com/easy-egg-white-kale-wrap/">http://www.pancakewarriors.com/easy-egg-white-kale-wrap/</a>	1/2 cup almonds and a peach	Choice of protein shake mentioned in breakfast area	1/2 cup pistachios and a banana	98% or 96% ground beef soft tacos (wheat or corn tacos x 2) with salsa and avocado. Sides: corn and black beans	90 calorie strawberry dole fruit popsicle
MON	3 sets 30 sec planks	Chocolate PB protein shake – 1 scoop choc protein, 2 tbsn PB2, 1/2 cup ice, 1 cup unsweetened vanilla almond milk, (water if needed), blend til smooth.	1/2 cup pistachios and a banana	Deli turkey sandwich on 7 grain wheat, baked chips, apple(try to add veggies to sandwich, lettuce, cucumber, pickles). Keep condiments to fat free honey mustard or ff mayo	Carrots and Hummus	Cracker crusted tilapia (spray butter both sides of thawed frozen tilapia and coat with crumbled wheat crackers, salt, pepper, crushed red pepper and cumin and bake for 22 min in 375 degree oven), side salad, and wheat pasta	Skinny Caramel Frappuccino: recipe makes 2 servings = 100 calories for 2 <a href="http://www.averiecooks.com/2013/06/skinny-caramel-frappuccino.html">http://www.averiecooks.com/2013/06/skinny-caramel-frappuccino.html</a>
TUE	3 sets 10 real push ups; 2 mile run	Vanilla fruit protein shake 1 scoop vanilla protein, 3/4 cup spinach, 1/2 cup ice, 1 cup unsweetend vanilla almond milk, 3 strawberries, 1/2 banana and blend til smooth (add water if needed)	Carrots and hummus	Grilled chix or tuna salad: 2 cups spinach mix, strawberries, cucumbers, avacados, fat free parmesan cheese, and maple grove balsamic or poppyseed dressing with either package tuna on top or premade grilled chicken (ready made frozen chicken or prepared grilled chicken so easy to prepare salad)	Vanilla greek yogurt and mixed berries and 2 tbsns of bobs red mill granola	Healthy Chix Fajita Quesadilla: <a href="http://www.skinnymom.com/recipe-chicken-fajita-quesadilla/">http://www.skinnymom.com/recipe-chicken-fajita-quesadilla/</a> (eliminate any ingredients you don't like). You can also make this quick in the microwave with fewer ingredients	Skinny Cow Ice Cream Sandwich
WED	3 sets 30 sec planks	Healthy Breakfast Taco: 1/3 cup liquid egg whites scrambled (or microwaved for 1:10 min) and 2 frozen turkey sausage patties or links microwaved put in a whole wheat tortilla (or corn tortilla)	Vanilla greek yogurt and mixed berries and 2 tbsns of bobs red mill granola	Morningstar spicy blackbean burger (110 cal 4g fat – I mention this because there are several kinds, I get these at Walmart), on wheat bread. Fruit and baked chips on side	Lowfat cheese stick and plum	Enchilada Noodle Bake (cut recipe in half and you'll still have left overs): <a href="http://www.skinnymom.com/easy-enchilada-noodle-bake/">http://www.skinnymom.com/easy-enchilada-noodle-bake/</a>	Chocolate Mug Cake: <a href="http://www.butterwithasideofbread.com/2013/05/100-calorie-chocolate-cake-in-30-seconds.html">http://www.butterwithasideofbread.com/2013/05/100-calorie-chocolate-cake-in-30-seconds.html</a>
THU	3 sets 10 real push ups; 2.25 mile run	Slow cooker oats (baked oatmeal). I prefer to top mine with cinnamon or strawberries. <a href="http://www.skinnymom.com/skinny-slow-cooker-oats/">http://www.skinnymom.com/skinny-slow-cooker-oats/</a>	Lowfat cheese stick and plum	Frozen Healthy Choice Steamer: Grilled Chicken Marinara with Parmesan	Edamame	Crock Pot Pulled Pork Tacos: <a href="http://www.skinnymom.com/crock-pot-pork-tacos/">http://www.skinnymom.com/crock-pot-pork-tacos/</a> (just use wheat or corn tortillas)	Skinny Caramel Frappuccino: recipe makes 2 servings = 100 calories for 2 <a href="http://www.averiecooks.com/2013/06/skinny-caramel-frappuccino.html">http://www.averiecooks.com/2013/06/skinny-caramel-frappuccino.html</a>
FRI	3 sets 45 sec planks	Chocolate PB protein shake – 1 scoop choc protein, 2 tbsn PB2, 1/2 cup ice, 1 cup unsweetened vanilla almond milk, (water if needed), blend til smooth.	Edamame	Frozen Kashi Chicken Enchilada meal (any kashi meal passes low sodium test – can get at Trader Joe's).	1 tbsn of peanut butter and apple slices	Pasta Pizza Casserole: <a href="http://www.skinnymom.com/skinny-pasta-pizza-casserole/">http://www.skinnymom.com/skinny-pasta-pizza-casserole/</a>	Chocolate Mug Cake: <a href="http://www.butterwithasideofbread.com/2013/05/100-calorie-chocolate-cake-in-30-seconds.html">http://www.butterwithasideofbread.com/2013/05/100-calorie-chocolate-cake-in-30-seconds.html</a>
SAT	3 sets 10 real push ups; 2.25 mile run	Vanilla fruit protein shake 1 scoop vanilla protein, 3/4 cup spinach, 1/2 cup ice, 1 cup unsweetend vanilla almond milk, 3 strawberries, 1/2 banana and blend til smooth (add water if needed)	1 tbsn of peanut butter and apple slices	Deli turkey sandwich on 7 grain wheat, baked chips, apple(try to add veggies to sandwich, lettuce, cucumber, pickles). Keep condiments to fat free honey mustard or ff mayo	1/2 cup of almonds and peach	Shrimp Lettuce wraps: (1 tbsn canola oil, salt pepper, chili pepper mixture in ziploc with shrimp and shake around before putting on skillet with oil). Cook on med-high on stove til opaque or 5 min. Add to lettuce leaves with peanuts and mango slices and serve with fat free refried beans and brown rice	2 minute pumpkin pie: (can use pumpkin filling just save remainder) <a href="http://supersisterfitness.com/single-serve-two-minute-pumpkin-pie/">http://supersisterfitness.com/single-serve-two-minute-pumpkin-pie/</a>

