



## **What to Eat**

This meal plan is meant to be simple. It's structured and controlled so that you really and truly end up eating less, without feeling deprived.

Follow the meal guide below for 5 days. Then eat the healthy foods you want, in moderation, for 2 days.

### Breakfast:

- 1 cup of greek yogurt, plain (not sweetened, if you need sweetness, add 1 tsp of real sugar, it's a whole 15 calories 😊)
- 1 cup of strawberries

### Lunch:

- 1 protein shake (~250 calories)
- 1 spoonful of peanut butter

### Afternoon Snack:

- 2 small handfuls of salted pumpkin seeds
- 1 apple

### Dinner:

- 1 baked chicken breast
- ½ baked sweet potato w/salt pepper
- 2 cups steamed veggies
- 1 glass of milk/soy

\*6-8 glasses of water throughout the day

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