



SAMPLE DIET DAY

BREAKFAST

1 serving of oats prepared with water,
topped with 1 sliced banana and served with 6 oz nonfat Greek-style yogurt

LUNCH

Thai Style Cabbage

2 cups shredded cole slaw mix

1 tbsp peanut butter

3 oz diced chicken breast (cooked)

1 tsp sesame oil

2 tbsp lime juice

½ tsp chili powder

½ tsp garlic

Sauté all ingredients together until peanut butter coats everything.

PRE-WORKOUT SNACK

Toasted whole grain English muffin
topped with ½ cup mashed blackberries
2 egg whites, on the side

POST-WORKOUT SNACK

¾ cup cottage cheese
1 cup berries

DINNER

Salad

2–3 cups fresh spinach

½ medium tomato, chopped

¼ medium red onion, thinly sliced

¼ cucumber, thinly sliced

Balsamic vinegar and lemon juice dressing

Asian Citrus Grilled Salmon

½ cup low-sodium soy sauce

¼ cup orange juice

2 tbsp chopped garlic

2 tsp Dijon mustard

2 tsp tomato paste

Juice from ½ lemon

4 6-ounce wild salmon steaks

Preparation: Mix the soy sauce, orange juice, garlic, mustard, tomato paste, and lemon juice in a bowl, then pour into a plastic bag. Place the salmon steaks into the bag and marinate in the refrigerator for four hours.

When ready, place the salmon steaks on a grill for approximately five minutes on each side. Serve with steamed asparagus and $\frac{1}{2}$ cup of brown rice.