

# Today

Breakfast 1 - fruit smoothie

Breakfast 2 - 1 egg + 1 egg white with sun-dried tomatoes in olive oil (blot off oil with paper towel). Two homemade freezer coco-date cookies

Lunch - baked sliced chicken with chopped mango and cilantro wrapped in lettuce leaves

Snack - 1 Tbsp peanut butter on celery sticks

Dinner - bowl of turkey minestrone

Snack - chamomile tea and a handful of almonds