

41 Sports * 14 Day Food Plan

Day One

Breakfast

8 oz. of soy or skim milk
½ cup granola
½ cup sliced strawberries
½ cup blueberries

Lunch

4 oz. grilled white meat chicken
2 cups green salad
2 tsp. balsamic vinegar
½ (6.5") spinach wrap

Snack

10 baby carrots
4 stalks celery
3 oz. green tea water

Dinner

4 oz. fresh sliced turkey breast
1 cup steamed broccoli
1 small green salad w/ 2 tsp. balsamic vinegar

Day Two

Breakfast

8 oz. cooked oatmeal
½ banana
2 tbsp. almonds
1 cup skim or soy milk

Lunch

3 oz. white meat tuna, packed in water
2 cups green salad
1/8 avocado
2 tbsp. balsamic vinegar

Snack

Handful of almonds

Dinner

4 oz. grilled white meat chicken
1 small sweet potato
1 cup steamed spinach
1 small green salad w/ 2 tbsp. balsamic vinegar

Day Three

Breakfast

Omelet: 4 egg whites w/
¼ cup mushrooms and tomato
1 cup skim or soy milk
½ grapefruit

Lunch

4 oz. lean turkey or steak
1 slice whole grain toast
2 cups green vegetable salad
2tbsp. balsamic vinegar
1 cup sliced berries

Snack

Protein shake

Dinner

4 oz. grilled halibut
2/3 cup brown rice
1 cup steamed broccoli
½ cantaloupe

Day Four

Breakfast

¾ cup granola
1 cup sliced strawberries
1 cup skim or soy milk

Lunch

1 slice thin crust pizza
1 cup small green salad w/ 2 tbsp. balsamic vinegar

Snack

1 apple
1 tbsp. peanut butter

Dinner

4 oz. turkey burger (cooked)
Pita bread
Lettuce and tomato
12 steamed asparagus spears

Day Five

Breakfast

8 oz. cooked oatmeal
1 chopped apple
1 cup skim or soy milk

Lunch

3 oz. white meat tuna or salmon in water
Lettuce and tomato
2 cups mixed greens
2 tbsp. balsamic vinegar

Snack

½ cup sliced strawberries
Skim or soy milk or, protein shake

Dinner

4 oz. lean steak
1 medium sweet potato
1 cup steamed string beans
1 cup cantaloupe, cubed

Day Six

Breakfast

Omelet: 4 egg whites w/
¼ cup mushrooms and tomato
½ (6.5") spinach wrap
1 cup skim or soy milk
½ grapefruit

Lunch

2 cups torn spinach w/ veggies
4 oz. sliced grilled chicken
2 tbsp. balsamic vinegar

Snack

¾ cup granola or Special K
½ cup skim or soy milk
1 sliced peach

Dinner

4 oz. halibut (cooked)
2/3 cup brown rice
1 cup cooked zucchini
Small green salad w/ tbsp. balsamic vinegar

Day Seven

Breakfast

¾ cup granola
½ cup sliced strawberries
1 cup skim or soy milk

Lunch

4 oz. grilled salmon
2 cups green salad
1 whole carrot, chopped
2 tbsp. balsamic vinegar

Snack

Protein shake
1 tbsp. sliced almonds

Dinner

4 oz. grilled white meat chicken w/ ¼ cup salsa
12 steamed asparagus spears
1 small green salad w/ 2 tbsp. balsamic vinegar

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Day Eight

Breakfast

1 slice whole grain toast
1 egg white
1 cup skim or soy milk
½ grapefruit

Lunch

3 oz. white meat tuna in water
2 cups green salad
½ (6.5") spinach wrap
2 tbsp. balsamic vinegar

Snack

Protein shake
1 cup pineapple

Dinner

4 oz. grilled white meat chicken w/ ¼ cup salsa
1 cup torn fresh spinach w/ 2 tbsp. balsamic vinegar
1 cup steamed string beans

Day Nine

Breakfast

Protein shake
1 cup sliced berries
1 tbsp. sliced almonds

Lunch

3 oz. grilled white meat chicken
½ (6.5") spinach wrap
2 cups mixed green salad
2 tbsp. balsamic vinegar

Snack

Handful of almonds
1 cup cubed cantaloupe

Dinner

4 oz. lean flank steak
1 cup steamed broccoli
1 small green salad w/ 2 tbsp. balsamic vinegar

Day Ten

Breakfast

Omelet: 3 egg whites w/ ¼ cup mushrooms and tomato
1 cup skim or soy milk
½ grapefruit

Lunch

3 oz. turkey burger (cooked)
2 tomato slices or carrots
Put in spinach wrap
1 small green salad w/ 2 tbsp. balsamic vinegar

Snack

1 medium peach

Dinner

4 oz. grilled chicken or lean steak
1 cup steamed string beans
2 cups mixed greens w/ 2 tbsp. balsamic vinegar

Day Eleven

Breakfast

¾ cup granola
1 cup sliced strawberries

Lunch

3 oz. white meat tuna in water
2 cups green salad
2 tbsp. balsamic vinegar

Snack

1 apple
2 tbsp. peanut butter

Dinner

4 oz. grilled white meat chicken
1 small baked sweet potato
1 steamed green broccoli
Small salad w/ 2 tbsp. balsamic vinegar

Day Twelve

Breakfast

8 oz. cooked oatmeal w/ cinnamon/flax
½ grapefruit
1 cup skim or soy milk

Lunch

4 oz. sliced fresh white meat turkey or tuna or chicken
2 cups green salad
1/8 avocado
2 tbsp. balsamic vinegar

Snack

1 peach, sliced
Handful of almonds

Dinner

4 oz. lean steak, chicken or fish baked or grilled
¾ cup brown rice
Steamed spinach
2 cups green salad

Day Thirteen

Breakfast

Protein shake
½ banana
1 tbsp. sliced almonds
1 cup skim or soy milk

Lunch

3 oz. grilled salmon
2 cups torn fresh spinach and veggies
2 tbsp. balsamic vinegar

Snack

1 cup fresh fruit

Dinner

4 oz. lean hamburger (cooked)
Put in spinach wrap
2 tomato slices
1 cup steamed broccoli
Protein shake

Day Fourteen

Breakfast

Spoonful of honey
½ cup sliced strawberries
½ cup blueberries

Lunch

Grilled chicken pita pocket: 4 oz. grilled white meat chicken
1 cup mixed green salad
1/8 avocado
2 tbsp. low-fat dressing
½ (6.5") whole wheat pita

Snack

4 celery stalks
2 tbsp. peanut butter

Dinner

4 oz. grilled halibut
2 cups salad w/ 2 tbsp. low fat dressing
12 asparagus spears, steamed