

7-DAY BREAKFAST CHALLENGE

Name :

Start Date :

End Date :

MEAL PLAN IDEAS	GO BASIX gourmet oatmeal GO BASIX oatmeal smoothie GO BASIX mug-brownie GO BASIX flourless pancakes GO BASIX apple crumble topped with plain greek yoghurt	1 Apple 1 Pear 1 Peach 1 Orange 1/2 C green smoothie 1C mixed berries / fruit with 2-3 TBS plain yoghurt /Greek yoghurt Handful of nuts (10-12 Almonds / Cashews/Pecans / Walnuts)	1 Sandwich/wrap with no mayonaise 1 bowl of mixed salad 1/2 plate pasta of your choice + veggies 1/2 C fried rice of your choice + veggies 1/2 portion noodles of your choice + veggies	2-3 rice crackers with hummus dip 1 square of dark choc + green tea 1 low sugar cookie + tea/coffee	1/2C cooked mixed veggies 1 fist size of lean meat (chicken, fish, etc) 1 fist size of brown rice 1 fist size of beans / tofu
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	Breakfast	Snack	Lunch	Snack	Dinner
MON					
TUES					
WED					
THU					
FRI					
SAT					
SUN					