	Sunday, April 18 OFF	Monday, April 19 Crosstrain 1 hour	Tuesday, April 20 3-5 miles tempo	Wednesday, April 21 Crosstrain	Thursday, April 22 2 miles?	Friday, April 23 REST
Breakfast	1.5 c. Kashi Crunch Cereal 1 c. Berries 12 oz. Skim Milk	4 Egg Whites + 1 slice LF cheese 1 c. Mixed Fruit 2 slices Wheat Bread (can make an egg sandwich)	1.5 c. Kashi Crunch Cereal 1 c. Berries 12 oz. Skim Milk	2 instant oatmeal packs 1 c. frozen blueberries 2 Tbsp. Nuts + 2 Tbsp .Brn. Sugar 1 slices Wheat Toast 1 Tbsp. Natural Jam 12 oz. Juice	1 Smoothie 1 Large LF Muffin (Smoothie: 1 c. Vanilla Oikos, 1/2 c. skim Milk, 1/2 c. OJ, 1.5 c. frozen Strawberries)	3 Pancakes (Suggest Athen's Family Diner on 8th Ave.) 3/4 c. Fruit Compote 1 egg white omlette,w/ cheese 1 c. Mixed Fruit 6 oz. Juice 2 Tbsp. Syrup
Snack	8 oz. LF Yogurt	1 Flat Out Multi-Grain 1 piece LF string cheese (melt on tortilla) 2 Tbsp. Salsa	2 Light Laughing Cow Cheese Wedges 1 Serving Stacy's Naked Pita Chips	1 apple 2 Mini Baby Bell light Cheese medallions	12 oz. Juice 1 Apple	16 oz. Juice 1 LF Snack cake/Muffin (like from Starbucks)
Lunch	Grilled Chicken Salad LF dressing 1 slice whole grain Baguette	2 oz. Turkey meat 2 slices whole grain bread mustard/lettuce/tomato 1 slice LF cheese 1 Apple or other fruit 1 oz. bag baked chips	Salmon Salad Light Balsamic Vinegarette 1 Slice whole grain Baguette	4 Nigiri 6 Spicy Tuna Rolls 6 California Rolls Ginger/Soy/Wasabi 2/3 c. Edamame	1 Cinnamon Raisin Bagel 2 Tbsp. Peanut Butter 1 Tbsp. Honey/Jam 1 Banana 8 oz. Skim Milk	6 oz. Chicken, grilled 2 c. pasta 1 Side Salad 2 pieces Bread
Snack		8 oz. LF Yogurt SF Lemonade	1 Pure Protein Bar SF Lemonade	8 oz. LF Chocolate Milk 1 Pepperidge Farm Oatmeal Cookie	6 Fig Newtons	20 oz. Smoothie King Smoothie (Skinny Angel Food Cake or Skinny Blackberry Dream or Skinny Pineaple Pleasure)
Dinner	1 Buffalo Burger 2/3 c. **Succotash*** 1 c. Cantelope 1 Wheat bun 1 Slice LF cheese Mustard/ketchup/lettuce/tomato	1/3 CPK Thin Crust Margherita Pizza (California 1 Side Salad 1 Tbsp. LF dressing	5 oz. Pork Tenderolon 1 c. Aspargus Steamed 1 small Sweet Potato 1/2 c. Cooked Apples	Chicken order from Las Palmas 1 Servings Chips 1/4 c. Salsa 12 oz. Beer	6 oz. Salmon or Filet Mignon 1 Large Baked Potato 1Tbsp. Butter, 2 Tbsp. Parmesan Cheese, shredded 1 c. Broccoli, steamed 8 oz. Red Wine	3 c. Chicken Fried Rice (can purchase this from Trader Joe's Frozen section or have 1/2 order from Pei Wei)
Snack	1 Light Beer	8 oz. Red Wine	1 Frozen Banana 2 Tbsp. Peanut Butter		1.5 c. Gellato from Whole Foods	2 Pepperidge Farm Oatmeal Cookies 8 oz. LF Chocolate Milk

NOTE: No caffienne after noon, M-W.
NO caffienne period on Thurs & Fri.

***Succotash**

1/2 c. black beans
1/2 c. corn niblets
1 small jar pimentos, diced
1/4 c. Green Onion, chopped
1/2 c. Soy Beans (shelled edamame)
1/2 c. Fresh Cilantro
1 tsp. Olive oil
2 Tbsp. Red Wine Vinegar
(Best if made the night before)