

August Challenge: Plan & Prepare Your Lunch (return by 9/15/25)

Note: plan a protein/carb combination for each meal.

Breakfast

Protein: 2 eggs
Vegetable: Collard Greens
Fruit: _____
Complex Carb (starch): Potato (small) Toast- Ezekiel Bread
Healthy Fat: _____
Beverage: Coffee / water

AM Snack:

Protein: Almonds (or other nut)
Vegetable: _____
Fruit: Apple (or other fruit)
Complex Carb (starch): _____
Healthy Fat: _____
Beverage: Water

Lunch:

Protein: Chicken (~4oz.) - white or dark
Vegetable: Pepper (raw) or Celery (raw)
Fruit: _____
Complex Carb (starch): Potato (small)
Healthy Fat: _____
Beverage: Water

} Leftovers
from
previous
dinner?

PM Snack:

Protein: Cheese (1 slice Kerry Gold)
Vegetable: _____
Fruit: Orange (or other fruit)
Complex Carb (starch): _____
Healthy Fat: _____
Beverage: Water

Dinner:

Protein: Salmon, Steak, Chicken (4oz)
Vegetable: Broccoli
Fruit: _____
Complex Carb (starch): Quinoa or Brown Rice
Healthy Fat: _____
Beverage: Water

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Note: plan a protein/carb combination for each meal.

Breakfast

Protein: Yogurt
Vegetable: _____
Fruit: Blueberries
Complex Carb (starch): 1/2 cup oatmeal
Healthy Fat: Ground Flax Seed (2 tablespoons)
Beverage: Coffee (black) / water

AM Snack:

Protein: Cottage Cheese
Vegetable: _____
Fruit: Pear
Complex Carb (starch): _____
Healthy Fat: _____
Beverage: Water

Lunch:

Protein: Chicken, Beef, Salmon, or Eggs
Vegetable: Salad - Variety of vegetables
Fruit: _____
Complex Carb (starch): Quinoa, Brown Rice, or Sweet Potato
Healthy Fat: _____
Beverage: Water

} Leftovers
from
previous dinner?

PM Snack:

Protein: Peanut Butter
Vegetable: _____
Fruit: Apple
Complex Carb (starch): _____
Healthy Fat: _____
Beverage: Water

Dinner:

Protein: Chicken, Turkey, Beef, Fish, or Eggs
Vegetable: Brussels Sprouts
Fruit: _____
Complex Carb (starch): Quinoa, Brown Rice, Sweet Potato, or Ezekiel Bread
Healthy Fat: _____
Beverage: Water