

## Triple R day sample menus

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|                                 |  | Calories   |                                 |                     | Calories                           |            |
|---------------------------------|--|------------|---------------------------------|---------------------|------------------------------------|------------|
| <b>Breakfast</b>                | Protein shake:                           |            | <b>Breakfast</b>                | Granola - 1/3 c     | 120                                |            |
|                                 | Almond milk - 4 oz                       | 20         |                                 | Almond milk - 1/2 c | 20                                 |            |
|                                 | Banana - 1/2                             | 50         |                                 | Cherries - 6        | 60                                 |            |
|                                 | Protein powder - 1 T                     | 75         |                                 | Green tea - 20 oz   | 0                                  |            |
|                                 | Spinach - 1 cup                          | 20         |                                 | <b>Total</b>        | <b>200</b>                         |            |
|                                 | Macablend - 1T                           | 35         |                                 | <b>Lunch</b>        | Mexican casserole - 1/2 c - recipe | 180        |
|                                 | Green tea - 20 oz                        | 0          |                                 |                     | <b>Total</b>                       | <b>180</b> |
|                                 | <b>Total</b>                             | <b>200</b> |                                 | <b>Dinner</b>       | Asparagus - 5 spears               | 15         |
| <b>Lunch</b>                    | Chicken soup:                            |            | Baked tofu 3 oz/olive oil - 1 t |                     | 120                                |            |
|                                 | Rotisserie chicken breast no skin - 3 oz | 130        | Marinated flank steak - 1 oz    |                     | 60                                 |            |
|                                 | Mushrooms - 1/2 cup                      | 10         | Peach iced tea - herbal         |                     | 0                                  |            |
|                                 | Bok choy - 1 cup                         | 10         | <b>Total</b>                    |                     | <b>195</b>                         |            |
|                                 | Bean sprouts - 1 cup                     | 10         | <b>Grand Total Day Calories</b> |                     |                                    | <b>575</b> |
|                                 | Zucchini - 1 cup                         | 20         |                                 |                     |                                    |            |
|                                 | Fire roasted tomatoes - 1/2 cup          | 30         |                                 |                     |                                    |            |
|                                 | Chicken broth - 1 cup                    | 10         |                                 |                     |                                    |            |
| <b>Total</b>                    | <b>220</b>                               |            |                                 |                     |                                    |            |
|                                 |  |            |                                 |                     |                                    |            |
| <b>Snack</b>                    | 1 mini sea salt/almond chocolate wafer   | 15         |                                 |                     |                                    |            |
|                                 | <b>Total</b>                             | <b>15</b>  |                                 |                     |                                    |            |
| <b>Dinner</b>                   | Sweet potato - 1/2 microwaved            | 60         |                                 |                     |                                    |            |
|                                 | Butter - 1 t                             | 25         |                                 |                     |                                    |            |
|                                 | Black beans - 1/4 cup                    | 60         |                                 |                     |                                    |            |
|                                 | Grapes - 4                               | 10         |                                 |                     |                                    |            |
|                                 | <b>Total</b>                             | <b>255</b> |                                 |                     |                                    |            |
| <b>Grand Total Day Calories</b> | <b>590</b>                               |            |                                 |                     |                                    |            |