



Menu Template Meals Report

Total Days: 3
Total Foods: 54

Avg. Daily Kcals: 1491.327
Name: Axya Sample Menu Template

	Breakfast	Lunch	Dinner	Morning Snack	Afternoon Snack	Evening Snack
Day 1	1 cup Milk Non Fat Skim 1/2 medium banana 1/2 cup Strawberries 1/2 cup Greek Yogurt, Plain	1/2 cup Kidney Beans 2 cups Romaine Lettuce 1/2 cup Quinoa, cooked 1/2 cup Cucumber 1/2 cup Carrots 1 tbsp Kraft Ranch Salad Dressing	1 serving Amy's Rice Mac & Cheese 1 cup Broccoli 3 oz Chicken Breast, roasted	24 Glutino's Pretzels 1 tbsp Sunflower Seed Butter	1 cup Grapes 1 Light String Cheese	
Day 2	3 Scrambled Eggs, no added fat 1/2 cup sliced pepper, sauteed 1 tsp Olive Oil 1/4 cup Onion, chopped, sauted	2 cups Romaine Lettuce 10 olives 1 cup cucumber 1/4 cup Feta Cheese	3/4 cup Brown Rice, Cooked 4 oz Shrimp, sauteed 1 cup Broccoli, sauteed 2 tsp Olive Oil	1 Kiwi 1/8 cup Almonds	1 container Chobani Pomegranate Yogurt	



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	1/4 cup Shredded Mozzarella, skim	3/4 cup Chickpeas, cooked 2 tsp Olive Oil Lemon Juice				
Day 3	2 Lundberg Brown Rice Cakes 2 tbsp Sunflower seed butter 1 mediueme banana	1/2 cup Black Beans, cooked 1/2 cup Sweet Potato, baked 1/2 Avocado, sliced 2 cups Romaine Lettuce 1/2 cup Cucumber 1/2 cup Quinoa, cooked 2 tbsp KraftFree Zesty Italian	2 Corn Tortillas 4 oz Ground Turkey, 93% lean 1/2 cup Romaine Lettuce, shredded 1/4 cup Shredded Cheddar Cheese 1/4 cup Salsa	1 medium apple	1 cup carrots 2 tbsp hummus	