Phase 1

Phase 2

Phase 3

BREAKFAST





BREAKFAST



Grains Fruit

Proteins (optional)*



Proteins Veggies



Healthy Fats Proteins** Veggies **Grains** Fruit

SNACK







Fruit



Proteins Veggies (optional)



Healthy Fats*** Veggiess

LUNCH







Proteins Veggies Grains Fruit



Proteins Veggies



Healthy Fats **Proteins** Veggies Fruit

Fruit





Proteins Verggies (optional)

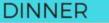


Healthy Fats*** Veggies

SNACK

DINNER







Proteins Veggies Grains



Proteins Veggies



Healthy Fats **Proteins** Veggies Grains (optional)

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