

UC Diet Plan

	Breakfast	Lunch	Dinner	Snacks
Monday	<ul style="list-style-type: none"> Oatmeal Banana Almond Butter 	<ul style="list-style-type: none"> Grilled Chicken Rice Cooked Carrots 	<ul style="list-style-type: none"> Baked Salmon Mashed Potatoes Green Beans (Steamed) 	<ul style="list-style-type: none"> Greek Yogurt Rice Cakes Green Smoothie
Tuesday	<ul style="list-style-type: none"> Green Smoothie w/ Almond Butter Cottage Cheese Chia Seeds 	<ul style="list-style-type: none"> Turkey Sandwich Cucumber Slices Avocado 	<ul style="list-style-type: none"> Quinoa Bowl w/ Chickpeas Steamed Spinach Grilled Zucchini 	<ul style="list-style-type: none"> Applesauce Rice Crackers Almond Butter Rice Cake
Wednesday	<ul style="list-style-type: none"> Scrambled Tofu Avocado Slices Melon 	<ul style="list-style-type: none"> Rice Noodles (Zucchini) Boiled Eggs Mixed Greens 	<ul style="list-style-type: none"> Grilled Shrimp Baked Sweet Potatoes Asparagus 	<ul style="list-style-type: none"> Greek Yogurt Rice Crackers Rice Pudding w/ Almond Butter
Thursday	<ul style="list-style-type: none"> Green Smoothie w/ Almond Butter Rice Cakes Peanut Butter 	<ul style="list-style-type: none"> Baked Chicken Cooked Carrots Quinoa Salad 	<ul style="list-style-type: none"> Turkey Meatballs Quinoa Salad Steamed Carrots 	<ul style="list-style-type: none"> Rice Pudding w/ Almond Butter Rice Cakes
Friday	<ul style="list-style-type: none"> Low-Fat Yogurt Chia Seeds Green Smoothie w/ Almond Butter 	<ul style="list-style-type: none"> Salmon Salad Mixed Greens Rice Crackers 	<ul style="list-style-type: none"> Baked Cod Roasted Asparagus Cooked Quinoa 	<ul style="list-style-type: none"> Rice Cakes Almond Butter Rice Cake Hard Boiled Eggs
Saturday	<ul style="list-style-type: none"> Banana Pancakes Maple Syrup Almond Butter 	<ul style="list-style-type: none"> Tuna Salad Mixed Greens Rice Crackers w/ Almond Butter 	<ul style="list-style-type: none"> Turkey Burgers Baked Zucchini Quinoa Salad 	<ul style="list-style-type: none"> Mandarin Orange Rice Cookies Rice Puffs w/ Almond Butter
Sunday	<ul style="list-style-type: none"> Green Smoothie w/ Almond Butter Chia Seeds 	<ul style="list-style-type: none"> Rice Bowl w/ Grilled Veggies Boiled Shrimp Avocado 	<ul style="list-style-type: none"> Baked Chicken Steamed Carrots Mashed Potatoes 	<ul style="list-style-type: none"> Rice Puffs w/ Almond Butter Greek Yogurt Applesauce

zaya[®]

Consult with your doctor, dietitian, or healthcare provider before making any drastic diet changes.