

**ERIN SIMMONS FITNESS
SAMPLE DIET PLAN**

MEALS	POWER	EASY	FAST	LIGHT
Breakfast	<ul style="list-style-type: none"> • Oatmeal with milk • Add: • Milk (sub coconut milk if needed) • Blueberries • Banana -or- • Brown Sugar • Cinnamon • Almonds (slivered) • Walnuts • Eggs/Omelet • 2-3 eggs • Veggies • Milk • Wheat toast 	<ul style="list-style-type: none"> • Cereal (bran or fiber – try Newman’s Own Sweet Enough Bran Flakes or Nature’s Path Heritage Flakes) • Add: • Blueberries • Strawberries • Bananas • Egg Sandwich • Whole wheat bread (toasted) • 1 cheese slice • 2 eggs 	<ul style="list-style-type: none"> • Waffles (wheat – try Eggo with Nutri-grain) • Add: • Peanut Butter • Bananas -or- • Honey 	<ul style="list-style-type: none"> • Yogurt (Greek – try Greek Gods Organic Greek yogurt) • Add: • Blueberries or strawberries • Toast (whole wheat) • Peanut butter -or- • Raw nut butter
Morning Snack	<p>Pick 1 or 2 of the following based on time between breakfast and lunch: if more than 4 hours between, pick 2</p> <ul style="list-style-type: none"> • Fruit • Cheese • Quaker oat cakes (2) • Granola Bar (try Kind bars, or Larabars) 			
Lunch	<ul style="list-style-type: none"> • Flatbread Sandwich 	<ul style="list-style-type: none"> • Peanut Butter and Honey Sandwich 	<ul style="list-style-type: none"> • Amy’s Organic Bean and Cheese Burrito, 	<ul style="list-style-type: none"> • Chicken Salad • Romaine Lettuce

	<ul style="list-style-type: none"> • Whole wheat flatbread • Chicken breast lunchmeat • 1 slice cheese • Veggies (i.e. tomato and sprouts) • Hummus <p>Add any of the following to any lunch option:</p> <ul style="list-style-type: none"> • Fruit • Baked or Kettle chips • Carrots with Ranch 	<ul style="list-style-type: none"> • Whole wheat bread • Peanut butter • Honey (buy local!) 	<p>Enchiladas, or Spinach Lasagna (find with frozen dinners)</p>	<ul style="list-style-type: none"> • Veggies • Grilled chicken • Feta cheese • Vinaigrette dressing
<p>Afternoon Snack</p>	<p>Pick 1 or 2 of the following based on time between lunch and dinner: if more than 4 hours between, pick 2</p> <ul style="list-style-type: none"> • Fruit • Trail Mix • Pita chips, pretzels, or carrots with hummus • Yogurt with fruit • Mixed nuts (unsalted – try flavored almonds) 			
<p>Dinner</p>	<ul style="list-style-type: none"> • Steak • Marinade in Italian dressing and grill • Sautee mushrooms in white wine • Steam veggies • Sweet potato (can slice and add brown sugar) 	<ul style="list-style-type: none"> • Pan Chicken and Rice • Cut chicken in chunks • Add olive oil to pan with any combination of: • Sherry • White wine 	<ul style="list-style-type: none"> • Grilled Cheese • Extra sharp cheddar • Whole wheat bread • 2-3 slices chicken, turkey, or ham -or- • Spaghetti 	<ul style="list-style-type: none"> • Chicken Waldorf or Chicken Salad • Grilled or pan seared chicken or fish • Salad • Apples • Feta or Gorgonzola

<p>Dinner</p>	<ul style="list-style-type: none"> • Steak • Marinade in Italian dressing and grill • Sautee mushrooms in white wine • Steam veggies • Sweet potato (can slice and add brown sugar) -or- • Chicken Kabobs • Marinade chicken in teriyaki sauce • Alternate chicken and veggies (i.e. peppers, onions, carrot slices) on kabobs and grill • Whole wheat biscuits 	<ul style="list-style-type: none"> • Pan Chicken and Rice • Cut chicken in chunks • Add olive oil to pan with any combination of: • Sherry • White wine • Red wine • Balsamic vinegar • Rosemary • Garlic • Onion • Oregano • Cook then flip chicken pieces to other side • Cook rice or couscous (try boxed whole wheat garlic couscous) • Salad 	<ul style="list-style-type: none"> • Grilled Cheese • Extra sharp cheddar • Whole wheat bread • 2-3 slices chicken, turkey, or ham -or- • Spaghetti • Whole wheat noodles • Bertolli sauce with: • 1 can diced tomatoes, partially drained • Balsamic vinegar (~1/3 cup per sauce jar) • Oregano • Basil • Garlic • Onion • (can also add hamburger but 	<ul style="list-style-type: none"> • Chicken Waldorf or Chicken Salad • Grilled or pan seared chicken or fish • Salad • Apples • Feta or Gorgonzola cheese • Walnuts • Grapes -or- • Pasta with Tomatoes • Tomatoes, chopped • Unsalted butter • Garlic salt • Any pasta
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