Day 1 High Carb	Day 2 Low Carb	Day 3 No Carb
Breakfast: Blueberry Bran Muffin VGF25+ EFA Icon **Snack:** Almonds Apple Zucchini sticks **Lunch:** Turkey Pita with Vegetables Peach **Snack:** Blueberry Bran Muffin Carrots **Dinner:** Pasta skillet with tomatoes and beans	**Breakfast:** Quaker Oats Weight Control Blueberries VGF25+ EFA Icon **Snack:** Low fat string cheese Carrots **Lunch:** Chicken Avocado Wrap **Snack:** Cottage cheese Red Pepper sticks **Dinner:** Roasted Salmon with Citrus and Basil Brown Rice Peas	**Breakfast:** Omelet with mozzarella cheese, ham, and mushrooms VGF25+ EFA Icon **Snack:** Cottage Cheese Carrots **Lunch:** Roasted Salmon with citrus and basil on a bed of mixed greens **Snack:** Almonds Red Pepper sticks **Dinner:** Thai Beef Salad