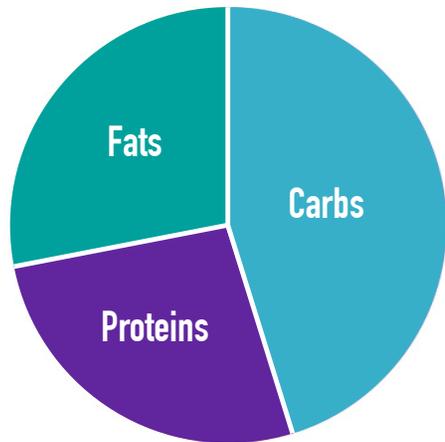


# AdvantEDGE<sup>®</sup> EAS<sup>®</sup>

## 2 DAY MEAL PLAN

### CALORIE SOURCES:



Each meal provides approximately

- 45-50% of calories from carbohydrates
- 25-30% of calories from proteins
- 25-30% of calories from fats

## 1,500 CALORIES

### DAY 1

**BREAKFAST:** Oatmeal made with ½ cup raw oats, 1 cup milk (almond, dairy, or soy depending on your preference), 2 Tbsp each, dried cranberries and slivered almonds

**SNACK:** 1 AdvantEDGE<sup>®</sup> Carb Control shake, any flavor, 1 medium apple

**LUNCH:** 3 cups spring mix topped with 1 oz goat cheese, ½ cup sliced strawberries, and 3 oz grilled chicken breast

**SNACK:** 1 oz pita chips, 3 celery stalks, & 3 carrots dipped in 2 Tbsp hummus

**DINNER:** 3oz grilled strip steak, ½ cup whole grain brown rice, 1 cup steamed green beans

### DAY 2

**BREAKFAST:** 1 cup plain Greek yogurt mixed with 3 Tbsp each rolled oats, chia seeds, dried cherries, raisins

**SNACK:** 1 AdvantEDGE Carb Control shake, any flavor, 1 medium banana

**LUNCH:** 2 cups spinach topped with 2 hard boiled eggs, and 2 Tbsp, each, chopped red onion, shredded cheddar, Russian dressing

**DINNER:** 3 oz grilled salmon, 1 cup steamed broccoli, 1 medium baked sweet potato

**SNACK:** 3 cups air popped popcorn

## 2,000 CALORIES

### DAY 1

**BREAKFAST:** 2 eggs, scrambled with 1 cup baby spinach, ½ cup chopped bell pepper and ½ cup sliced mushrooms. Serve with 1 cup grapes

**SNACK:** 1 mini whole grain bagel topped with 1 Tbsp almond butter and 1 medium sliced banana

**LUNCH:** 3 cups chopped romaine lettuce topped with 3 oz grilled chicken, and 2 Tbsp, each, grated parmesan cheese and balsamic vinaigrette

**SNACK:** 1 AdvantEDGE Carb Control shake, any flavor, 1 medium apple

**DINNER:** Tacos: 2, whole wheat tortillas filled with 1 cup iceberg lettuce, ½ cup black beans, ¼ cup salsa, 2 Tbsp guacamole, & 3 oz lean ground turkey. Served with 2 oz baked tortilla chips and ¼ cup salsa

### DAY 2

**BREAKFAST:** Oatmeal made with ½ cup raw oats, 1 cup milk (Almond, dairy, or soy depending on your preference) and topped with ¼ cup chopped pecans

**SNACK:** AdvantEDGE Carb Control shake, any flavor, 3 graham cracker squares topped with 1 medium sliced banana

**LUNCH:** whole wheat tortilla filled with 1 cup spinach and 1 cup tuna mixed with 1 Tbsp each mayonnaise and mustard. Serve with 1 fresh plum.

**SNACK:** 2 oz pita chips, 1 cup, each, baby carrots and sliced cucumber dipped in 3 Tbsp hummus

**DINNER:** 4 oz grilled chicken breast, 1 cup cooked quinoa, and 1 cup mixed vegetables

**SNACK:** 3 cups air popped popcorn

