

DAY 1 Breakfast: two scrambled Tofu with a protein smoothie
Lunch: Bean Burrito
Dinner: Soup and Portabella Pizza

DAY 2 Breakfast: One serve of Oatmeal with ½ cup of blueberries and 1 tbsp. of Almonds
Lunch: Edamame with cold sesame noodles
Dinner: Baked Asian Tofu

DAY 3 Breakfast: two eggs with a protein smoothie
Lunch: Baked Potato with Vegetarian Chili
Dinner: 1 cup of steamed or boiled rice and Poached Salmon with Asparagus

DAY 4 Breakfast: Protein Pancakes and Protein Smoothie
Lunch: Garden Omelet
Dinner: Bakes Asian Tofu

DAY 5 Breakfast: Oatmeal with Protein Smoothie
Lunch: Chinese Takeout
Dinner: Veggie Burger

DAY 6 Breakfast: Craig muffin with Protein Smoothie
Lunch: Geen Salad with Beets and Edamame
Dinner: Pizza and Salad

DAY 7 Breakfast: Avocado toast with a protein smoothie
Lunch: Power Salad
Dinner: BBQ with steak and cauliflower, Edamame, beans, and Quinoa



A SEVEN-DAY MEAL PLAN TO LOWER CHOLESTEROL

