



848 S. Swadley St. Lakewood, CO 80228
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12 Week Sample Menu Guide

by Global Sports Dietitians

You can contact Global Sports Dietitians for more nutrition tips, or have them design a custom nutrition program to fit your needs and goals, nutrition@visionquestjourneys.com

Weeks 1-3

Breakfast

- 1 egg scrambled & seasoned
- 1 slice whole grain toast with 1 Tbsp natural nut butter (peanut, almond, cashew) or margarine with no trans fat/hydrogenated oils (i.e. Earth Balance)
- 1 bowl/cup fresh or frozen fruit or 1 piece fruit
- 1 cup skim/low-fat milk (can substitute with low-fat yogurt to mix with frozen fruit)
- 1 cup water

Morning Snack

- 1 piece of fruit
- 1 glass skim/low-fat milk or low-fat yogurt
- 1 cup water

Lunch

- 1 Spinach salad with sliced mushrooms, tomatoes, green/red/yellow peppers, 3-6 oz grilled chicken breast, ¼ cup broken walnuts, 1 oz blue or feta cheese crumbled with choice of 2 tsp dressing.
- 1 warm piece of wheat pita bread
- 1 cup water

Dinner

- 3-6 oz grilled salmon or halibut
- 1 medium baked potato sprinkled with fresh parmesan and seasoning
- 2 cups fresh steamed veggies of all colors with olive oil and seasoning
- 1 cup of low fat vanilla yogurt w/ frozen berries
- 2 cups of water

Weeks 4-8

Breakfast

- 1-2 cups cereal mixture (i.e. smart start, muesli, bran cereal) with added seeds/nuts
- 1 cup berries or sliced peaches
- 1 cup skim/low-fat milk or low-fat yogurt
- 1 slice toast with 1 Tbsp natural nut butter (peanut, almond, cashew) or margarine with no trans fat (i.e. Earth Balance)
- 1 cup water

Morning Snack

- ½ cup trail mix
- 1 piece of fruit
- 1 cup water

Lunch

- 1 large wrap (wheat, tomato basil, spinach)



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2 egg whites + 1 full egg scrambled with seasoning and 2 Tbsp. of mushrooms
1 cup of fresh spinach (add into scrambled eggs), mushrooms, garlic, onion (sauté garlic/onions in olive oil before adding egg)
¼ cup fresh salsa
1 cup of water

Dinner

1-2 cups of whole grain or vegetable pasta
3 -6 oz of ground, turkey breast (white meat)
½ cup of tomato sauce
1 salad with a variety of veggies
2 tsp. of olive/canola oil based dressing
Italian Ice cream (½ cup plain non-fat yogurt + ½ cup vanilla ice cream mixed and frozen as parfait and ½ cup of fresh or frozen berries)
2 cups of water

Weeks 9-12

Breakfast

2 pancakes (add flax seeds, oats, fruit, bran etc. to batter)
1 Tbsp nut butter (peanut, almond, cashew) to top pancakes plus maple syrup
1 cup skim milk
1 bowl fruit or 1 piece fruit
1 cup water

Morning Snack

1 bagel toasted with 1 Tbsp nut butter
1 cup water

Lunch

1 tuna sandwich (2 slices whole grain bread, tuna mixture with mayo, spicy mustard, chopped celery, chopped bell peppers, chopped carrots)
1 cup pretzels
1 piece of fruit
1 cup water

Dinner

3-6 oz stir fried firm tofu or chicken breast or lean steak
2 cups stir fried veggies of all colors with sesame seeds
1 Tbsp. olive oil
2-3 cups of brown or white sticky rice
1 Tbsp. soy sauce or Bragg's Liquid Aminos
2 cups water