

In order to support you and your success with the McCombs Plan we have created a meal plan that you can use for your first week on the plan. You can modify foods as desired.

Monday

Breakfast	Dr. Jeff's Ultimate Breakfast
Snack	Fresh cut apple slices
Lunch	Summer Chicken Salad
Snack	Brown rice cakes with avocado
Dinner	Hamburger Hash with a side of veggies
Snack	Fresh sliced peaches

Friday

Breakfast	Vegetable and Egg Feast
Snack	Baby carrots mixed with celery
Lunch	South American Chili
Snack	Fresh cut tomatoes with basil
Dinner	Pescado Al Carbon (Grilled Fish with Salsa)
Snack	Fresh cut pineapple and mango chunks

Tuesday

Breakfast	Tomato Onion Omelet
Snack	Fresh apricots
Lunch	Cooked brown rice with Tomato Basil Sauce & chicken
Snack	Cucumber and Tomato Side
Dinner	Beef Skewers with steamed veggies
Snack	Fresh cut honeydew melon

Saturday

Breakfast	Brown Rice, Scrambled Eggs Whites & Avocado
Snack	Eggplant and Tomato Side Dish
Lunch	Green Bean and Dill Brown Rice with Pepper Patty
Snack	Brown rice cakes with turkey and avocado
Dinner	Tuna Salad with Beefsteak Tomatoes
Snack	Fresh cut watermelon

Wednesday

Breakfast	The Ultimate Veggie Breakfast
Snack	Brown rice cakes with bananas & cinnamon powder
Lunch	Pepper patty with a side of greens
Snack	Fresh sliced cucumbers mixed with celery
Dinner	Steak with Rosemary and Tomatoes
Snack	Fresh plums

Sunday

Breakfast	Brown rice cereal with bananas and strawberries
Snack	Brown rice cake with Guacamole
Lunch	Pineapple & Red Pepper Brown Rice Salad with Turkey Patty
Snack	Carrots and cherry tomatoes
Dinner	Fresh Tuna with Watercress Salad & Roasted Potatoes with Basil
Snack	Fresh cut cantaloupe

Thursday

Breakfast	Hard Boiled Eggs and Veggies
Snack	Fresh cut apple slices
Lunch	Meat Stir-Fry
Snack	Sweet potato or yams
Dinner	Herbed Rice Pilaf with Chicken Skewers
Snack	Frozen grapes and strawberries

McCombs Plan Resources

For additional recipes & tips visit:
www.McCombsPlan.com

To share your recipes:

[e-mail us at recipes@McCombsPlan.com](mailto:recipes@McCombsPlan.com)

