



An HMR® Program

## A Meal Plan for a “Typical Day”

### Walter

B- Black Coffee, Eggs, Potatoes (hash-onion, mushroom, turkey sausage), Season all, Fresh Tomato, (Orange)

L- Hoagie roll, Fajitas (chicken, shrimp, peppers, onion, cauliflower),  
Cucumber/Salsa

S- Hardboiled egg, Apple

D- Soup (Beef broth, sweet chili sauce, Peanut butter powder), pinto beans, Corn,  
spinach, french baguette (piece)

S- (Sugar free ice pop)