

# LEVEL 1: WEEK 4



- Always have a side salad or veggie with each Betr "Meal"
- Snack 1 is your Level 1 "breakfast"
- Communicate with your coach if you are ever hungry!

## DAY 1: MONDAY

**Snack 1:** Orange (optional egg whites)  
**Lunch:** Quinoa Tabbouleh  
**Snack 2:** Blueberries  
**Dinner:** Lettuce Burger with Roasted Veggies

## DAY 2: TUESDAY

**Snack 1:** Grapefruit  
**Lunch:** Asian Cucumber Noodle Salad  
**Snack:** Blueberries & strawberries  
**Dinner:** Lemon Basil Whitefish Packet with Asparagus

## DAY 3: WEDNESDAY

**Snack 1:** Strawberries  
**Lunch:** Creamy Curry Quinoa Salad  
**Snack 2:** Apple  
**Dinner:** Sweet Mustard Chicken Wings with Sliced Raw Veggies

## DAY 4: THURSDAY

**Snack 1:** Apple  
**Lunch:** Left over Whitefish with Side Salad  
**Snack 2:** Strawberries  
**Dinner:** One Pan Fajitas with Roasted Veggies

## DAY 5: FRIDAY

**Snack 1:** Grapefruit  
**Lunch:** Leftover Chicken Wings with Steamed Spinach  
**Snack 2:** Blueberries & Strawberries  
**Dinner:** Betr Meatballs and Zoodles

## DAY 6: SATURDAY

**Snack 1:** Strawberries  
**Lunch:** Egg Drop Soup with Side Salad  
**Snack 2:** Orange  
**Dinner:** Edamame Spaghetti with Marinated Cherry Tomatoes

## DAY 7: SUNDAY

**Snack 1:** Strawberries  
**Lunch:** Leftover Betr Meatballs & Zoodles  
**Snack 2:** Apple  
**Dinner:** Grilled Chicken on a Berry Salad

### OPTIONAL PROTEIN BOOSTER

Add in an hour before or after your workout:

- Eggs with veggies and/or avocado
- Kale & berry Level 1 smoothie (add hemp/chia seeds)
- Quinoa with berries, nuts, cinnamon or pumpkin pie spice