

SAMPLE WEEKLY MEAL PLAN

MONDAY

- B sweet potato and sausage muffins with fruit
- L blt roll ups
- D plantain nachos
- S mini compliant lara bars

TUESDAY

- B bacon, eggs and fruit
- L chicken salad with raw veggies
- D fajitas on a bed of lettuce
- S fruit smoothie with fresh orange juice

WEDNESDAY

- B fajita omelet
- L blt roll ups
- D "barbecue" shrimp with roasted vegetables
- S apples with almond butter

THURSDAY

- B omelet cups
- L fajita wraps
- D chicken salad with balsamic vinegar dressing
- S chia seed pudding

FRIDAY

- B bacon, eggs and roasted potatoes
- L "barbecue" shrimp salad
- D sweet potato and kale soup
- S mini compliant lara bars

SATURDAY

- B omelet cups
- L chicken salad with balsamic vinger dressing
- D steak with roasted veggies
- S fresh fruit or vegetables

SUNDAY

- B steak and eggs
- L leftover soup
- D spaghetti squash spaghetti
- S chia seeing pudding or smoothie

NOTES + THOUGHTS

use this space to jot down ingredients you need to pick up at the store, recipes you'd like to try or other notes of encouragement.