September 29 – October 5



Breakfast, lunch and snacks are almost always one of the items listed. Meal-prepping on the weekends is great for quick breakfast and lunch options, too. Dinners are the focus of my weekly meal plan.



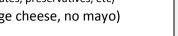
- <u>Shakeology</u>
- Oatmeal (with fruit, almond butter, etc)
- Eggs (scrambles, omelettes, wraps)
- Ezekiel toast/tortillas
- Protein pancakes



- BIG salad w/<u>homemade dressing</u>
- Leftovers
- Wraps
- All-natural deli meat (no nitrates, preservatives, etc)
- Egg salad (made with cottage cheese, no mayo)
- Tuna salad



- Fruit & nuts
- <u>Shakeology</u>
- Greek yogurt
- Cottage cheese
- Veggies & hummus



Steak & hummus + side salad (lean sirloin or flank steak)

# Friday

Thursday

Baked cod, guinoa & kale salad

# Saturday

Date Night (breakfast dinner for kids)

# Sunday

Roasted turkey breast, baked sweet potatoes & asparagus

\*Eat 5-6 small meals/day.



# Monday

Spicy honey chicken thighs, brown rice & steamed broccoli

# Tuesday

Turkey Tacos (lean ground turkey, homemade guacamole, lettuce, etc)

Wednesday

### LEFTOVERS