



Week 1 Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	2 eggs w/veggies and cheese	salad w/veggies and protein	1) Shakeology 2) apple & nut butter	Fish w/sweet potatoes and veggies
TUESDAY	Greek Yogurt with Berries & almonds	salad w/veggies and protein	1) Shakeology 2) veggies & hummus	Taco Tuesday w/all the fixins
WEDNESDAY	2 eggs w/veggies and cheese	taco salad (use leftovers)	1) Shakeology 2) apple & nut butter	Chicken Kababs brown rice & veggies
THURSDAY	Greek Yogurt with Berries & almonds	salad w/veggies and protein	1) Shakeology 2) veggies & hummus	Turkey burgers baked fries and veggies
FRIDAY	2 eggs w/veggies and cheese	salad w/veggies and protein	1) Shakeology 2) apple & nut butter	Grilled steak squash & veggies
SATURDAY	2 eggs w/veggies and cheese	salad w/veggies and protein	1) Shakeology 2) apple & nut butter	Fish tacos and salad
SUNDAY	Greek Yogurt with Berries & almonds	salad w/veggies and protein	1) Shakeology 2) veggies & hummus	Buffalo chicken tenders