

September 29 – October 5

Weekly Meal Plan



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.

Breakfast



- [Shakeology](#)
- Oatmeal (with fruit, almond butter, etc)
- Eggs (scrambles, omelettes, wraps)
- Ezekiel toast/tortillas
- [Protein pancakes](#)

Lunch



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

Snacks



- Fruit & nuts
- [Shakeology](#)
- Greek yogurt
- Cottage cheese
- Veggies & hummus

Dinner



Monday Spicy honey chicken thighs , brown rice & steamed broccoli
Tuesday Turkey Tacos (lean ground turkey, homemade guacamole, lettuce, etc)
Wednesday LEFTOVERS
Thursday Steak & hummus + side salad (lean sirloin or flank steak)
Friday Baked cod, quinoa & kale salad
Saturday Date Night (breakfast dinner for kids)
Sunday Roasted turkey breast , baked sweet potatoes & asparagus

*Eat 5-6 small meals/day.