

1200-1499 Meal Plan

Week of _____

Monday	Tuesday	Wednesday	Tuesday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Shake	Veggie Egg Muffins (R,G)	Shake	Veggie Egg Muffins (R,G)	Shake	Veggie Egg Muffins (R,G)	Shake
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Oats	Oats Berries	Oats	Oats Berries	Oats	Oats Berries	Oats
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Chicken Vinaigrette Salad (G, G, P, R, O)	Southwest Salad w/ Chicken Cheese (GRO 1/2 B)	Chicken Vinaigrette Salad (G, G, P, R, O)	Southwest Salad w/ Chicken Cheese (GRO 1/2 B)	Chicken Vinaigrette Salad (G, G, P, R, O)	Southwest Salad w/ Chicken Cheese (GGRO 1/2 B)	Chicken Vinaigrette Salad (G, G, P, R, O)
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Apple	1/2 Banana Almonds (1/2 B)	Apple	1/2 Banana	Almonds Apple	1/2 Banana Almonds (1/2 B)	Almonds Apple
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Crockpot Salsa Chicken Veggies Corn Tortillas Cheese	Crockpot Beef Stroganoff (R) w/ Noodles Steamed broccoli	Buffalo Chicken Carrots/Celery 1 slice bread/tortilla Cheese	Crockpot Turkey Chili (RGY) Cheese 1/2 Blue	Crockpot Bulgogi Steamed Veggies Brown Rice	Leftovers!!!! (RGY)	Grilled Pork Tenderloin (R) Roasted Veggies (G) Baked Sweet Potato (Y)
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Chocolate PB Cannoli (2 tsp)	Mug Cake w/ 2 tsp PB	Chocolate PB Cannoli (2 tsp)	Mug Cake w/ 2 tsp PB	Chocolate PB Cannoli (2 tsp)	Mug Cake w/ 2 tsp PB	Chocolate PB Cannoli (2 tsp)

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