

# 1500-1799 Meal Plan

Week of \_\_\_\_\_

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

fit • FUN • tina