

2100-2300 Meal Plan

Week of _____

Monday	Tuesday	Wednesday	Tuesday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
2 Slices toast	Oatmeal w/ 2 tsp PB, +	2 Slices toast	Oatmeal w/ 2 tsp PB, +	2 Slices toast	Oatmeal w/ 2 tsp PB, +	2 Slices toast
w/ 2 tsp coconut oil	Berries	w/ 2 tsp coconut oil	Berries	w/ 2 tsp coconut oil	Berries	w/ 2 tsp coconut oil
Snack	Snack	Snack	Snack	Snack	Snack	Snack
2 Apples	Celery	2 Apples	Yogurt + Berries	2 Apples	Yogurt + Berries	2 Apples
2 tsp peanut butter	2 tsp PB	2 tsp peanut butter	2 tsp PB	2 tsp peanut butter	2 tsp PB	2 tsp peanut butter
	Yogurt + Berries					
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
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, BI Beans	(G, G, P, R, O)	Chicken, BI Beans	(G, G, P, R, O)	Chicken, BI Beans	(G, G, P, R, O)
	Cheese (GGRYO 1/2 B)		Cheese (GGRYO 1/2 B)		Cheese (GGRYOB)	
Snack	Snack	Snack	Snack	Snack	Snack	Snack
Carrots x 2	Bell Peppers	Carrots x 2	Bell Peppers	Carrots	Bell Peppers	Carrots
Deviled Eggs	Almonds (1/2 B)	Deviled Eggs	Banana	Deviled Eggs	Banana	Deviled Eggs
	Banana			Almonds		Almonds
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Crockpot Salsa Chicken x2	Crockpot Beef Stroganoff	Buffalo Chicken x2	Crockpot Turkey Chili	Crockpot Bulgogi (2)	Leftovers!!!!	Grilled Pork Tenderloin (RR)
Veggies	(RR) w/ Noodles (YY)	Carrots/Celery	(RRGGYY)	Steamed Veggies (2)	(RRGGYY)	Roasted Veggies (GG)
Corn Tortillas (4)	Steamed broccoli	2 slices Bread (for sandwich)	Cheese 1/2 Blue	Brown Rice (2)		Baked Sweet Potato (YY)
Cheese		Cheese				
Snack	Snack	Snack	Snack	Snack	Snack	Snack
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