



SAMPLE WEEKLY MEAL PLAN

	MORNING	AFTERNOON	EVENING
M	OVERNIGHT OATS WITH BERRIES AND GREEK YOGURT	TURKEY BURGER BOWL	CAJUN SALMON WITH ROASTED BRUSSEL SPROUTS
T	SCRAMBLED EGGS (WHITES TO WHOLE 2:1) WITH PEPPERS, SPINACH, AND FETA	BFS	GARLIC SHRIMP AND SPINACH
W	SMOOTHIE WITH PROTEIN POWDER, FRUIT AND GREENS	SALMON PATTY & COTTAGE CHEESE BOWL	CHICKEN AND ZUCCHINI CASSEROLE
T	GREEK YOGURT WITH FRUIT AND GRANOLA	FAJITA POWER BOWL	BOURBON SALMON WITH LEMON BROCCOLI
F	EZEKIAL BREAD WITH SMASHED AVOCADO AND A GREEK YOGURT	GRILLED CHICKEN BREAST WITH AVOCADO & CHEESE AND ROASTED PEPPERS	BFS WITH SWEET POTATO FRIES
S	EGG "MUFFINS" MADE WITH SAUSAGE, CHEESE, AND DICED VEGGIES	BLACK BEAN AND LENTIL SOUP	FISH TACO BOWL
S	NUT BUTTER & BANANA ON TOAST WITH GREEK YOGURT PARFAIT	CHOPPED GRILLED CHICKEN SALAD WITH GARLIC PARM VINAIGRETTE	GREEK SALMON BOWL