

Weekly Meal Plans – Week #1

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SUNDAY	1 egg/ 2 egg whites omelet with spinach and cheddar cheese.	String Cheese, Apple	Canned Tuna Broccoli and whole wheat pasta	Almonds, grapes	Chicken Breast Broccoli
MONDAY	Oatmeal with Protein Shake OR Protein mixed in oatmeal OR hard boiled egg	Cottage cheese Your choice of fruit	Chicken Breast on bed of spinach with almonds and feta cheese	Apple , almonds	Lean Beef Asparagus
TUESDAY	Chicken Sausage 2 egg whites Red peppers, feta cheese	2 HB Eggs Hummus	Ground Turkey Burger, no bun, stir fry veggies	Plain yogurt, fruit and almonds	Grilled Tilapia with tomato sauce, parmesan cheese and green beans
WEDNESDAY	2 egg whites, 1 egg with mozzarella cheese and sweet potato	Protein Shake/Meal Replacement Shake	Chicken breast with stir fry veggies and feta cheese	Pear Slices with natural peanut butter	Turkey Meatballs Zucchini and squash
THURSDAY	Protein Pancakes With fruit of your choice	Plain yogurt, protein powder, fruit of your choice	Turkey Meatballs chopped on bed of spinach with red peppers	String Cheese, fruit	Pork Tenderloin broccoli
FRIDAY	Fiber One Cereal or Shredded Wheat (no sugar), skim milk, add protein powder to milk or 2 eggs on side	Hummus with carrot sticks	Tuna on bed of spinach with feta and walnuts	Cottage cheese with fruit	Chicken Breast with spinach salad, walnuts and parmesan
SATURDAY	Spinach and Feta Omelet	Apple slices and natural peanut butter	Chicken breast, whole wheat pita, green beans	String cheese, grapes	Turkey Burger Sweet Potato Fries Salad