

Weekly Meal Plans – Week #2

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SUNDAY	Spinach and Feta Omelet	Almond Butter Apple	Chicken, spinach, hummus in whole wheat pita	Smoothie-skim milk, fruit, peanut butter	Turkey Meatballs Spinach Salad
MONDAY	Oatmeal 2 HB Eggs Fruit of your choice	Turkey Slices Orange	Tuna Salad on Whole Wheat Toast and Salad	Protein Powder Shake w/ fruit or oatmeal	Texas Thin Crust Pizza
TUESDAY	Ranchers Omelet	Plain yogurt, fruit and walnuts	Chicken breast Salad	Cottage cheese Cucumbers	Sirloin Steak and Mushrooms, Salad
WEDNESDAY	French Toast In Bowl	Scone with almonds	Pork Tenderloin Broccoli	Plain Yogurt, peanut butter, fruit	Lean beef Black beans broccoli
THURSDAY	2 whites/1 egg, spinach, cheddar cheese, whole grain toast with nat. PB	Hummus Cucumbers	Grilled Chicken and Sweet Potato/ Red Potato	Protein Shake/ Meal Replacement Shake	Ground Turkey Burger, no bun, stir fry veggies
FRIDAY	Sunrise Sundae with French Toast Hash Browns	Cottage Cheese Fruit	Turkey Breast/ Turkey Burger and Asparagus	2 HB Eggs Carrots Hummus	Whole Wheat Pasta, Meatballs and Spinach
SATURDAY	Zip Lock Omelet	Plain yogurt, fruit	Grilled Chicken, Broccoli and Brown rice	Protein Bar	Salmon and Green Beans