

## Weekly Meal Plans – Week #3

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
SUNDAY	Chicken Sausage 2 egg whites with red peppers	Plain Yogurt, fruit and walnuts	Chicken Breast on bed of spinach, diced apples, red peppers, feta and walnuts	Tuna on whole grain crackers	Sirloin Steak Broccoli
MONDAY	Fiber One Cereal, skim milk, fruit and 2 HB eggs	Cottage Cheese Fruit	Tuna on bed of spinach, red peppers	Protein Smoothie-skim milk, protein powder, fruit, peanut butter	<a href="#">Turkey Meatballs</a> Broccoli
TUESDAY	2 egg whites + 2 whole eggs, broccoli and Ezekiel toast with natural peanut butter	4 Slices of block cheddar cheese, whole grain crackers	<a href="#">Turkey Meatballs</a> On whole grain pita with hummus and red peppers	String cheese and snap peas	Ground Turkey Burger, broccoli
WEDNESDAY	Oatmeal with Protein Shake OR Protein mixed in oatmeal OR hard boiled egg	Hummus and red peppers	Turkey burger with Edamame, parmesan cheese	<a href="#">Energy Balls</a>	Fish (cod, shrimp, lobster, salmon or tuna), spinach salad, walnuts
THURSDAY	2 eggs, 2 slices turkey bacon, broccoli	Protein smoothie, greek yogurt, blueberries, almond butter	Lean Beef, Green Beans	Cottage cheese and cucumbers	Texas Thin Pizza
FRIDAY	2 egg whites with spinach on whole grain bagel, cheddar cheese	String cheese and apple	Tuna, whole grain pasta and broccoli	<a href="#">Scone with almonds</a>	Pork Tenderloin Stir Fry Veggies
SATURDAY	Chicken Sausage 2 egg whites with red peppers	Plain Yogurt, fruit and walnuts	Chicken Breast on bed of spinach, diced apples, red peppers, feta and walnuts	Almonds and fruit	Sirloin Steak Broccoli