

Weekly Meal Plan

Date: December 15th

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Steel-cut Oats w/ Berries & Pecans	Eggs & Fruit	Steel-cut Oats w/ Berries & Pecans	Breakfast Sandwich Ham & Egg on Thinwich	Steel-cut Oats w/ Berries & Pecans	Eggs & Fruit	Steel-cut Oats w/ Berries & Pecans
Snack	Chocolate Mint Shakeology	Chocolate Almond Shakeology w/ 1/2 banana	Chocolate Mint Shakeology	Chocolate Coconut Shakeology w/ berries	Chocolate Mint Shakeology	Chocolate Almond Shakeology w/ 1/2 banana	Chocolate Mint Shakeology
Lunch	Chef Salad	Chicken Fajita Salad	Leftovers	Rice Cake w/ Turkey & Avocado	Leftovers	Orange & String Cheese	Rice Cake w/ Turkey & Avocado
Snack	Veggies & Hummus	Orange & String Cheese	Veggies & Hummus	Celery w/ Almond Butter	Veggies & Hummus	Date Night (Free Meal)	Celery w/ Almond Butter
Dinner	Pot Roast & Vegetables	Crockpot Mexican Chicken	Ground Turkey Lettuce Wraps	Loaded Baked Sweet Potato	Chicken Enchilada Soup		Chicken Tostada Bar
Snack	Cottage Cheese & Veggies	Veggies & Hummus	Cottage Cheese & Veggies	Veggies & Hummus	Cottage Cheese & Veggies		Apple w/ Almond Butter