

80/20 MEAL PLAN - WEEK OF JULY 20TH



Shopping List

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	P90X3 CVX	PiYo Sculpt	P90X3 Agility	PiYo Buns	P90X3 Accel.	PiYo Sculpt	Run
Breakfast	Shakeology, coconut milk, water	Shakeology, oj R&R, water	Shakeology, almond milk, water	Shakeology, oj R&R, water	Shakeology, coconut milk, water	Shakeology, oj R&R, water	Shakeology, almond milk, water
Snack	berries & 12 almonds	String cheese & pear	brown rice cakes w/ all natural PB	honey, banana chopped almonds PB in whole wheat	Strawberries & almonds	chopped apple melon w/walnuts	Coaches oats raspberries w/almonds
Lunch	Spinach, cherry tomatoes, cucumbers, peppers, chicken & creamy herb dressing	Asparagus chicken & creamy herb dressing	Spinach, cherry tomatoes, cucumbers, peppers, chicken & creamy herb dressing	Flank Steak, Peppers & Quinoa	Turbofire Chili, cucumbers	Treat Meal	Turkey Burger, French Fries steamed asparagus
Snack	Apple & 1 tsp all natural PB	Edamame sesame seeds	Strawberries & almonds	spinach turkey slices red bell peppers	3 stalks celery 1 T cream cheese	honey, banana chopped almonds PB in whole wheat	cucumbers & 2 hardboiled eggs
Dinner	Chicken Asparagus Brown Rice	Tilapia w/Mediterranean Seasoning, broccoli & Sweet potato	Flank Steak, Steamed beans, w/quinoa	Turbofire Chili, cucumbers	Fish Tacos, Veggies	Shrimp Stir Fry w/ Brown Rice	Almond Chicken, Sweet Potato Green Beans Dessert!