

# monthly meal plan

## september

monday    tuesday    wednesday    thursday    friday    saturday    sunday

<b>b:</b> oatmeal/juice <b>l:</b> protein shake <b>s:</b> grapes/yogurt <b>d:</b> sesame chick/rice	<b>b:</b> egg white omelet/juice <b>l:</b> protein shake <b>s:</b> pb crackers/juice <b>d:</b> tburgers/sp fries	<b>b:</b> cereal/milk/fruit <b>l:</b> protein shake <b>s:</b> strawberry smoothie <b>d:</b> chicken/rice	<b>b:</b> egg white omelet/tbaon <b>l:</b> protein shake <b>s:</b> cheese slices/apples <b>d:</b> ww spaghetti/salad	<b>b:</b> crepes/ban/straw <b>l:</b> spring rolls/fruit <b>s:</b> Girls Night In <b>d:</b> Cauliflower Pizza/fruit	<b>b:</b> bbq french toast/juice <b>l:</b> turkey Btl/homepies <b>s:</b> clean banana split <b>d:</b> Red Pesto Pasta	<b>b:</b> oatmeal/juice <b>l:</b> chick conqueso <b>s:</b> fruit/nuts <b>d:</b> leftovers
<b>b:</b> cereal/milk/fruit <b>l:</b> protein shake <b>s:</b> strawberry smoothie <b>d:</b> chicken quesadilla w/mexican rice	<b>b:</b> egg white omelet/juice <b>l:</b> protein shake <b>s:</b> cheese slices/apples <b>d:</b> spinach/chicken enchil	<b>b:</b> oatmeal/juice <b>l:</b> protein shake <b>s:</b> grapes/yogurt <b>d:</b> bbq pork pot	<b>b:</b> cereal/milk/fruit <b>l:</b> protein shake <b>s:</b> clean banana split <b>d:</b> chicken/rice	<b>b:</b> egg white omelet/juice <b>l:</b> pita pizzas <b>s:</b> pb crackers/juice <b>d:</b> Loaded potatoes/fruit	<b>b:</b> oatmeal cakes/fruit <b>l:</b> grilled cheese/fruit <b>s:</b> fruit/nuts <b>d:</b> sushi	<b>b:</b> cereal/milk/fruit <b>l:</b> Loaded potatoes/fruit <b>s:</b> grain bar/yogurt <b>d:</b> leftovers
<b>b:</b> egg white omelet/juice <b>l:</b> protein shake <b>s:</b> banana bread <b>d:</b> black bean burritos	<b>b:</b> cereal/milk/fruit <b>l:</b> protein shake <b>s:</b> grapes/yogurt <b>d:</b> tburgers/sp fries	<b>b:</b> oatmeal/juice <b>l:</b> protein shake <b>s:</b> cheese slices/apples <b>d:</b> Red Pesto Pasta	<b>b:</b> cereal/milk/fruit <b>l:</b> protein shake <b>s:</b> pb crackers/juice <b>d:</b> ww spaghetti/salad	<b>b:</b> egg white omelet/juice <b>l:</b> turkey Btl/homepies <b>s:</b> fruit/nuts <b>d:</b> sesame chick/rice	<b>b:</b> crepes/ban/straw <b>l:</b> spring rolls/fruit <b>s:</b> clean banana split <b>d:</b> bbq pork pot	<b>b:</b> cereal/milk/fruit <b>l:</b> chick conqueso <b>s:</b> banana bread <b>d:</b> leftovers
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