

30 DAY MEAL PLAN

| | Breakfast | Lunch | Snack | Dinner |
|-------|--|--------------------------------------|---------------------------------------|---------------------------------------|
| Day 1 | 2 Eggs and Toast | Turkey and Avocado Wrap | Apple Berry Banana Smoothie | Turkey Kebabs |
| Day 2 | Yogurt, Berries and Almonds | Grilled Sirloin Salad | Almonds and an Orange | Chicken Satay |
| Day 3 | Waffles and Bananas | Mexican Pizza | Protein Bar *I like 22 Days brand. | Black Bean Chili |
| Day 4 | Ezekiel English Muffin or Toast with Almond Butter | Hummus and Vegetable Pita | Turkey Jerky | Roasted Salmon |
| Day 5 | Oatmeal with Apples and Pecans | Seared Tuna Salad | Hard-Boiled Egg With an Apple | BBQ Chicken and Black Bean Burrito |
| Day 6 | Egg White Breakfast Wrap | Chickpea Burgers | Hummus and Veggies | Honey-Lemon Marinated Chicken Breasts |
| Day 7 | Cheerios with a Banana or Berries | Subway Veggie Delite | Popchips and Cottage Cheese | Zesty Shrimp Veracruzana |
| Day 8 | Cottage Cheese and Pineapple | Salmon and Blueberry Salad | Baked Corn Chips and Salsa | Mediterranean Pizza |
| Day 9 | Bagel and Cream Cheese | Chicken Salad With Avocado and Mango | Sunflower Seeds and Watermelon | Mahi Mahi Tacos |