

Sample Meal Plan

Meal Plan	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Break(your)fast	Poached eggs with roasted sweet potatoes and brussel sprouts. Fresh berries	Salad with leftover Herb & Citrus chicken	Chicken salad served on bed of lettuce	asparagus soup & quinoa bites	Mexican Quinoa Bowl	asparagus soup & quinoa bites	Quinoa Bowl: leftover chicken, 2 cups lettuce & garnish with salsa/avocado OR salad dressing
Snack	hummus & veggies	almonds & berries	Protein Shake	hummus & veggie sticks	popcorn (2 cups), almonds & dried fruit	*PB greek yogurt with apples	hummus & veggie sticks
Dinner	*Herb & Citrus Oven Roasted Chicken, Baked Sweet Potatoe & roasted Broccoli	*Crockpot Fajitas	*Asparagus soup & quinoa bites	*Mexican Quinoa Bowl	*Meat & veggies foil grilled pouches	Pita Pizza, small salad	Turkey Burgers & sweet potato fries
Snack (optional)	Turkey Jerky	strawberries & cashews	Rice cakes & peanut butter	popcorn & almonds	strawberries & cashews	energy bites	yogurt & fruit sprinkled with *granola

***RECIPES:**

Baked Oatmeal	http://www.katheats.com/favorite-foods/baked-banana-oatmeal
Vegetable Egg cups	http://www.grainnetagency.com/MBM2/recipes/vegetable-egg-cups/
Chicken Salad	https://cleanfoodcrush.com/quick-easy-chicken-salad-recipe/
Herb & Citrus Oven Roasted Chicken	https://momspark.net/herb-and-citrus-oven-roasted-chicken-recipe/
Crockpot Fajitas	https://sprinklejoy.net/2012/07/01/easy-peezy-crock-pot-fajitas/
Asparagus Soup	http://www.grainnetagency.com/MBM2/recipes/asparagus-soup/
Quinoa Bites	https://soveryblessed.com/category/recipes/quinoa-bites-recipes/

Pita pizza	http://schallfitness.com/pita-pizza/
Meat & veggies foil pouches	http://www.100daysofrealfood.com/2013/05/21/recipe-grilled-meat-veggie-foil-packets-camping/
Homemade Granola (optional)	http://www.100daysofrealfood.com/2010/04/04/recipe-granola-bars-cereal/
Mexican Quinoa Bowl	4 oz shredded chicken, 2 Cups romaine lettuce, 1/4 of an avocado, 1/2 C quinoa & salsa to taste
energy bites	https://fitnessista.com/peanut-butter-cup-amazeballs/