

# What's cooking...



## MONDAY

breakfast

2 eggs any style, ½ avocado, salsa,  
½ grapefruit

lunch

Salad w/ mixed greens, chicken, any  
other veggies, vinaigrette-style dressing

snack

Whole banana, 1 Tbsp almond or  
peanut butter

dinner

Taco salad (all the normal taco fixings  
on top of lettuce)

**workout**

## TUESDAY

breakfast

Signature scramble (R), ½ grapefruit

lunch

Taco salad leftovers, or salad w/ mixed  
greens, chicken, vinaigrette dressing

snack

Handful mixed veggies, 2 Tbsp  
hummus, handful mixed raw nuts

dinner

Crockpot beef & mushroom stew (R)

**workout**

## WEDNESDAY

breakfast

Green eggs & ham (R)

lunch

Leftovers, or mixed berry smoothie (R)

snack

Whole apple, 1 Tbsp almond or peanut  
butter

dinner

Turkey meatballs & spaghetti squash (R)

**workout**

## THURSDAY

breakfast

Pumpkin pie oatmeal (R), or Greek  
yogurt & Berries (R)

lunch

Salad w/ mixed greens, chicken, any  
other veggies, vinaigrette-style dressing

snack

Handful mixed veggies, 2 Tbsp  
hummus, handful mixed raw nuts

dinner

Breakfast! Veggie Omelets or Egg  
Casserole (R)

**workout**

## FRIDAY

breakfast

2 eggs any style, ½ avocado, salsa,  
½ grapefruit

lunch

Strawberry Banana Shake

snack

One hard boiled egg, Whole banana,  
1 Tbsp almond or peanut butter

dinner

Whatever you want!

**workout**

## SATURDAY

breakfast

Green eggs & ham (R)

lunch

Chicken Salad (R) on lettuce or in a  
whole grain wrap

snack

Handful mixed veggies, 2 Tbsp  
hummus, One hard boiled egg

dinner

Whatever you want!

**workout**

## SUNDAY

breakfast

Pumpkin pie oatmeal (R), or Greek  
yogurt & Berries (R)

lunch

Chicken Salad (R) on lettuce or in a  
whole grain wrap

snack

Whole apple, 1 Tbsp almond or peanut  
butter

dinner

Whatever you want!

**workout**