

What's cooking...



MONDAY

breakfast

Green Eggs & Ham (R)

lunch

Smoothie of your choice

snack

Large handful mixed veggies, hummus dip, string cheese

dinner

BBQ Steak: The Best Steak Marinade (R), Roasted veggies (R), side salad

workout

TUESDAY

breakfast

Lowfat cottage cheese, diced pears or apples, pecans or walnuts, chia seeds

lunch

Mixed greens salad, chicken or steak, other veggies, vinaigrette style dressing

snack

Whole banana, 2 Tbsp nut butter

dinner

Taco salad: ground turkey or beef, black beans, lettuce, tomato, avocado, salsa, etc.

workout

WEDNESDAY

breakfast

Two egg omelet w/ bacon, asparagus, mushrooms, onions, ½ grapefruit

lunch

Taco salad leftovers or mixed plate w/ raw veggies, hummus, mixed nuts, hard-boiled egg, whole pear

snack

Whole pear, string cheese, handful mixed raw nuts

dinner

Crockpot Chili (R)

workout

THURSDAY

breakfast

Green Eggs & Ham (R)

lunch

Chili leftovers or smoothie of your choice

snack

Large handful mixed veggies, hummus dip, hard boiled egg

dinner

Teriyaki Turkey Patties (R), Roasted Veggies (R), Quinoa

workout

FRIDAY

breakfast

Lowfat cottage cheese, diced pears or apples, pecans or walnuts, chia seeds

lunch

Chicken salad wrap (R), on a wrap or bed of lettuce

snack

Whole banana, 2 Tbsp nut butter

dinner

Whatever you want!

workout

SATURDAY

breakfast

Two egg omelet w/ bacon, asparagus, mushrooms, onions, ½ grapefruit

lunch

Leftovers of Chicken Salad Wrap

snack

Large handful mixed veggies, 2 Tbsp hummus, string cheese

dinner

Whatever you want!

workout

SUNDAY

breakfast

Whatever you want!

lunch

Mixed greens salad, chicken or steak, other veggies, vinaigrette style dressing

snack

Whole pear, string cheese, handful mixed raw nuts

dinner

Blackened Chicken w/ Avocado Cream Sauce (R) & Quinoa

workout