

# What's cooking...



## MONDAY

### breakfast

Turkey Sausage Mini Quiches, w/ half grapefruit, navel orange, or 2 satsumas

Mixed greens salad, chicken or steak, additional chopped veggies, vinaigrette style dressing

### snack

Whole banana or apple, 2 Tbsp nut butter or string cheese

### dinner

Shrimp Quinoa w/ Avocado-Mango Salsa (R)

workout

## TUESDAY

### breakfast

Leftovers of Mini Quiches, w/ half grapefruit, navel orange, or 2 satsumas

### lunch

Mixed Berry Smoothie (R)

Large handful mixed veggies, hummus or tzatziki dip, small handful raw mixed nuts

### dinner

Meaty Spaghetti Squash (R) w/ side salad of mixed greens

workout

## WEDNESDAY

### breakfast

2-3 egg scramble w/ mixed veggies of your choice, 1 piece of fruit

Leftovers, or Mixed greens salad w/ chicken or steak & vinaigrette-style dressing

### snack

2-3 slices of deli meat, string cheese, whole apple

### dinner

Creamy Baked Chicken Thighs (R), w/ Roasted Veggies (R)

workout

## THURSDAY

### breakfast

Lowfat cottage cheese, ½ avocado, large sliced tomato, Hard-boiled egg

### lunch

Mixed Berry Smoothie (R)

Large handful mixed veggies, hummus or tzatziki dip, small handful raw mixed nuts

The Best Steak Marinade (R) steak, Side salad w/ mixed greens & vinaigrette dressing

workout

## FRIDAY

### breakfast

2-3 egg scramble w/ mixed veggies of your choice, 1 piece of fruit

Mixed greens salad, chicken or steak, additional chopped veggies, vinaigrette style dressing

### snack

Whole banana or apple, 2 Tbsp nut butter or string cheese

### dinner

**Whatever you want!**

workout

## SATURDAY

### breakfast

Lowfat cottage cheese, ½ avocado, large sliced tomato, Hard-boiled egg

### lunch

Smoothie of your choice or Mixed greens salad w/ proteins & oil-based dressing

Large handful mixed veggies, hummus or tzatziki dip, small handful raw mixed nuts

### dinner

**Whatever you want!**

workout

## SUNDAY

### breakfast

**Whatever you want!**

### lunch

Leftovers of anything, or smoothie of your choice

### snack

2-3 slices of deli meat, string cheese, whole apple

### dinner

Crockpot Turkey Sausage & Kale Soup (R)

workout