

What's cooking...



MONDAY

breakfast
Whole grain toast, 2 eggs any style, ½ avocado, 2 slices Canadian bacon, 1 orange

lunch
Strawberry Banana Shake (R)

snack
Large handful pistachios w/ shell, Large handful mixed veggies, hummus or tzatziki dip

dinner
Crockpot Lentil Soup (R)

workout

TUESDAY

breakfast
2-3 scrambled eggs w/ mixed veggies of your choice & chicken sausage, 1 orange

lunch
Lentil Soup leftovers or Mixed leafy greens salad w/ chicken or steak & vinaigrette style dressing

snack
Yogurt Berry Bowl (R)

dinner
Taco salad w/ ground beef or turkey on leafy greens, beans, tomatoes, avocados, olives, salsa, etc.

workout

WEDNESDAY

breakfast
1 Chicken sausage link, large handful sautéed veggies of your choice, 1 orange

lunch
2 Hard boiled eggs, large handful mixed veggies, hummus or tzatziki dip, small handful raw mixed nuts, 1 pear

snack
2 Tbsp nut butter, whole banana or apple

dinner
Egg Roll in a Bowl (R)

workout

THURSDAY

breakfast
Whole grain toast, 2 eggs any style, ½ avocado, 2 slices Canadian bacon, 1 orange

lunch
Egg Roll in a Bowl leftovers or Strawberry Banana Shake (R)

snack
Large handful pistachios w/ shell, Large handful mixed veggies, hummus or tzatziki dip

dinner
Turkey Meatballs w/ Spaghetti Squash (R), w/ mixed leafy greens salad & vinaigrette dressing

workout

FRIDAY

breakfast
1 Chicken sausage link, large handful sautéed veggies of your choice, 1 orange

lunch
Large mixed greens salad, chicken or steak, additional chopped veggies, vinaigrette style dressing

snack
Yogurt Berry Bowl (R)

dinner
Whatever you want!

workout

SATURDAY

breakfast
Zucchini Frittata (R), Whole grain toast, 1 piece of fruit of your choice

lunch
2 Hard boiled eggs, large handful mixed veggies, hummus or tzatziki dip, small handful raw mixed nuts, 1 pear

snack
2 Tbsp nut butter, whole banana or apple

dinner
Whatever you want!

workout

SUNDAY

breakfast
Whatever you want!

lunch
Leftovers of anything, mixed green salad, or smoothie of your choice

snack
Large handful pistachios w/ shell, whole pear or apple

dinner
Blackened Chicken w/ Avocado Cream Sauce (R)

workout