

WEEKLY MEAL PLANNER

3/3/13 - 3/9/13



	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	1 egg + 3 white scramble w/peppers, spinach and avocado	Salad and leftover whole thin crust pizza	Slow cooker turkey breast , sweet potato mash, green beans	Shakeology clementine
MONDAY	Ezekiel toast w/almond butter & ½ banana Tropical ShakeO	Wrap w/leftover turkey	Leftovers	Apple & almonds Chocolate ShakeO popcorn
TUESDAY	Protein pancakes & berries (or fruit)	Salad	Lean turkey nachos (or tacos) w/guacamole	Clementine Almonds Or homemade larabar
WEDNESDAY	Ezekiel toast w/almond butter & ½ banana Tropical ShakeO	Baked sweet potato stuffed w/leftover taco meat, salsa & plain non-fat greek yogurt	Chicken and root veggie pot pie	Chocolate Shakeology popcorn
THURSDAY	Ezekiel toast w/almond butter & ½ banana Tropical ShakeO	Salad w/grilled chicken	Leftovers OR lean turkey burgers	Apple Almonds Or homemade larabar
FRIDAY	Almond butter oatmeal w/sliced bananas	Tuna fish w/ avocado pesto in Ezekiel wrap	Breakfast dinner (pancakes and turkey bacon/sausage)	Chocolate Shakeology popcorn
SATURDAY	Ezekiel toast w/almond butter & ½ banana Tropical ShakeO	Quinoa kale salad	Broiled tilapia Brown rice broccoli	Tropical Shakeology clementine