

# WEEKLY MEAL PLANNER



	BREAKFAST	LUNCH	DINNER	SNACK	
SUNDAY	Apple cinnamon oatmeal w/almond milk	Big Salad	Lean Turkey Nachos <a href="#">Quinoa, corn &amp; black beans</a>	<p>My snacks are almost always one or two of the following:</p> <p>Tropical or Chocolate Shakeology</p> <p>Fruit (apple, clementine, grapefruit, etc.)</p> <p>Nuts (raw almonds are my fave)</p> <p>Homemade larabar</p> <p>Homemade <a href="#">cookie dough bites</a></p> <p>Popcorn</p>	
MONDAY	<p>My weekday breakfasts are generally one of the following:</p> <p>Oatmeal with fruit, protein powder or nut butter</p> <p>Shakeology</p> <p>Ezekiel toast w/almond butter and ½ banana</p> <p>1 egg + 3 white omelette or scramble with veggies</p> <p><a href="#">Protein pancakes</a></p>	<p>My weekday lunches are generally one of the following:</p> <p>Leftovers</p> <p>Salad-romaine &amp; spinach + lots of veggies with pre-made grilled chicken or ½ extra lean turkey burger or chickpeas &amp; <a href="#">homemade dressing</a></p> <p>Wrap with chicken or turkey + veggies</p> <p>Or tuna w/avocado pesto, <a href="#">quinoa kale salad</a></p>	Leftovers		
TUESDAY			Son's Birthday Dinner (restaurant?)		
WEDNESDAY			Turkey burgers & baked sweet potato fries		
THURSDAY			<a href="#">Slow-cooker chicken tortilla soup</a>		
FRIDAY			Homemade <a href="#">whole wheat pizza</a>		
SATURDAY			Eggs, turkey bacon		Leftovers