

WEEKLY MEAL PLANNER

3/24/13-3/30/13



	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	Apple cinnamon oatmeal w/almond milk	Big Salad	Turkey burgers and sweet potato fries	
MONDAY	My weekday breakfasts are generally one of the following: Oatmeal with fruit, protein powder or nut butter Shakeology Ezekiel toast w/almond butter and ½ banana 1 egg + 3 white omelette or scramble with veggies Protein pancakes	My weekday lunches are generally one of the following: Leftovers Salad-romaine & spinach + lots of veggies with pre-made grilled chicken or ½ extra lean turkey burger or chickpeas & homemade dressing Wrap with chicken or turkey + veggies Or tuna w/avocado pesto, quinoa kale salad	Shrimp and veggie stir-fry with brown rice	My snacks are almost always one or two of the following: Tropical or Chocolate Shakeology Fruit (apple, clementine, grapefruit, etc.) Nuts (raw almonds are my fave) Homemade larabar Homemade cookie dough bites Popcorn
TUESDAY			Turkey taco Tuesday	
WEDNESDAY			Leftovers	
THURSDAY			Marinated pork tenderloin , quinoa & salad	
FRIDAY			Breadcrumbs crusted cod and asparagus	
SATURDAY			Buffalo chicken tenders	
SATURDAY			Eggs, turkey bacon	