

# WEEKLY MEAL PLANNER

5/19/13-5/25/13



	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY			<a href="#">Slow cooker meatloaf</a> , grilled veggies	
MONDAY	My daily breakfasts are generally one of the following:	My daily lunches are generally one of the following:  Leftovers	<a href="#">Whole wheat pizzas</a> , on the grill!	My snacks are almost always one or two of the following:
TUESDAY	Oatmeal with fruit, protein powder or nut butter	Salad-romaine & spinach + lots of veggies with pre-made grilled chicken or ½ extra lean turkey burger or chickpeas & <a href="#">homemade dressing</a>	Leftovers	Tropical or Chocolate Shakeology
WEDNESDAY	Shakeology  Ezekiel toast w/almond butter and ½ banana	Wrap with chicken or turkey + veggies  Or tuna w/ <a href="#">avocado pesto</a> , <a href="#">quinoa kale salad</a> , etc...	<a href="#">Tomato Soup</a> and TBLAT's (turkey bacon, lettuce, avocado & tomato sandwiches	Fruit (apple, clementine, grapefruit, etc.)  Nuts (raw almonds are my fave)
THURSDAY	1 egg + 3 white omelette or scramble with veggies  <a href="#">Protein pancakes</a>	Wrap with chicken or turkey + veggies  Or tuna w/ <a href="#">avocado pesto</a> , <a href="#">quinoa kale salad</a> , etc...	Flank steak fajitas (Chalean Extreme Food Guide)	Homemade larabar  Homemade <a href="#">cookie dough bites</a>
FRIDAY		Turkey/chicken meatloaf muffins	Leftovers/FFY	<a href="#">Homemade Granola Bars</a>  Popcorn
SATURDAY			Chicken kabobs w/oven roasted zucchini (Chalean Extreme Food Guide)	

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