

WEEKLY MEAL PLANNER

6/16/13-6/22/13



	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY			Chicken brats and big veggieful salad	
MONDAY	My daily breakfasts are generally one of the following:	My daily lunches are generally one of the following: Leftovers	Lean turkey enchiladas with quinoa & black beans	My snacks are almost always one or two of the following:
TUESDAY	Oatmeal with fruit, protein powder or nut butter Shakeology	Salad-romaine & spinach + lots of veggies with pre-made grilled chicken or ½ extra lean turkey burger or chickpeas & homemade dressing	Chili-lime chicken kabobs with brown rice	Tropical or Chocolate Shakeology Fruit (apple, clementine, grapefruit, etc.)
WEDNESDAY	Ezekiel toast w/almond butter and ½ banana	Wrap with chicken or turkey + veggies Or tuna w/ avocado pesto , quinoa kale salad , etc...	Homemade whole wheat pizzas	Nuts (raw almonds are my fave)
THURSDAY	1 egg + 3 white omelette or scramble with veggies Protein pancakes Overnight Oats	Turkey/chicken meatloaf muffins	Leftovers	Homemade larabar Homemade cookie dough bites
FRIDAY			Stuffed chicken with roasted asparagus & salad	Homemade Granola Bars Popcorn
SATURDAY			Night out or baked buffalo chicken tenders with celery and carrots	

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