

# WEEKLY MEAL PLANNER

6/2/13-6/8/13



	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY			Travel Day	
MONDAY	My daily breakfasts are generally one of the following:	My daily lunches are generally one of the following:  Leftovers	<a href="#">Zoodles with turkey sausage and peppers</a>	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 & <a href="#">homemade dressing</a>	Leftovers	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/ <a href="#">avocado pesto</a> , <a href="#">quinoa kale salad</a> , etc...	Chicken Brats <a href="#">and stuffed portobello mushrooms</a>	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...	Turkey burgers and sweet potato fries	Homemade larabar  Homemade <a href="#">cookie dough bites</a>
FRIDAY	<a href="#">Overnight Oats</a>	Turkey/chicken meatloaf muffins	<a href="#">Chili-lime chicken kabobs</a> with brown rice	<a href="#">Homemade Granola Bars</a>  Popcorn
SATURDAY			Breakfast for dinner (or date night) Pancakes and turkey bacon. ( <a href="#">Protein pancakes</a> )	

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