

WEEKLY MEAL PLANNER

6/9/13-6/15/13



	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY			Turkey Burgers and baked sweet potato fries	
MONDAY	My daily breakfasts are generally one of the following:	My daily lunches are generally one of the following: Leftovers	Cobb Salad w/grilled chicken and turkey bacon	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 & homemade dressing	Turkey and Black Bean Enchiladas	Tropical or Chocolate Shakeology
WEDNESDAY	Shakeology	Wrap with chicken or turkey + veggies	Chili-lime chicken kabobs with brown rice	Fruit (apple, clementine, grapefruit, etc.)
THURSDAY	Ezekiel toast w/almond butter and ½ banana	Or tuna w/ avocado pesto , quinoa kale salad , etc...	Leftovers	Nuts (raw almonds are my fave)
FRIDAY	1 egg + 3 white omelette or scramble with veggies	Turkey/chicken meatloaf muffins	Graduation Party	Homemade larabar
SATURDAY	Protein pancakes Overnight Oats		Dinner out with family for Father's Day	Homemade cookie dough bites Homemade Granola Bars Popcorn

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