

Weekly Meal Plan

Date: January 4th

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Baked Omelet	Steel-cut Oats w/Berries & Pecans	Greek Yogurt Granola & Berry Parfait	Steel-cut Oats w/Berries & Pecans	Baked Omelet	Steel-cut Oats w/Berries & Pecans	Greek Yogurt Granola & Berry Parfait
Snack	Vanilla Shakeology w/Berries	Vanilla Shakeology w/Pumpkin	Chocolate Shakeology w/Almond Butter	Vanilla Shakeology w/Berries	Chocolate Shakeology w/Coconut Extract	Chocolate Shakeology w/Almond Butter	Vanilla Shakeology w/Berries
Lunch	Deli Turkey w/avocado & Veggies	Leftover Pork Taco Meat over Quinoa	Chicken Salad stuffed Avocado	Leftovers	Leftover Chicken Soup w/Kale	Open-faced Turkey Sandwich on Whole-grain Bread & Veggies	Salad w/Grilled Chicken
Snack	Brown Rice Cake with Veggie Spread	Veggies & Hummus	Cottage Cheese & Veggies	Brown Rice Cake with Almond Butter & Banana	Almonds & Orange	Date Night Free Meal	Avocado w/balsamic
Dinner	Crockpot Pork Tacos	Parmesan Tilapia	Homemade Chicken Noodle Soup	Skinny Chicken Tamale Pie	Crockpot Turbo Fire Chili		Crockpot Chicken Pot Pie
Snack	Apple & Almond Butter	String Cheese	Veggies & Hummus	Cottage Cheese & Veggies	Veggies & Hummus		Celery & Almond Butter

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J Rink



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