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|  SAMPLE MEAL PLAN |
| **Week 1** | **Breakfast** | **Snack** | **Lunch** | **Snack** | **Dinner** | **100-200 Calorie Treat**  |
| Monday | [Monday Morning Breakfast](https://readsrecipesruns.wordpress.com/2011/08/08/monday-breakfast/)  | Greek yogurt; berries  | Shakeology with milk  | 12 Almonds  | Stuffed Potato w yogurt cheese chopped chicken |  |
| Tuesday | Greek Yogurt with berries (170) | Shakeology w/ 1/2 orange  | ½ Wrap w hummus, turkey, tomato, avocado & feta  | 2 Hardboiled Eggs & Tomato | 1/2 sweet potato with 1 cup cooked spinach & 4oz Chicken |  |
| Wednesday | 2 eggs, onions, spinach & tomato on toast | 1 cup Edamame | ½ Ezekiel wrap with nut butter & banana | Orange & 12 almonds | [Chicken Soup with Butternut Squash](http://readsrecipesruns.wordpress.com/2011/09/20/recipe-chicken-soup-with-butternut-squash/) |  |
| Thursday | Cream of Wheat, flax, wheat germ, bee pollen, & egg whites, cinnamon | 12 Walnuts | 6oz can of tuna on bread with cheese, tomato, onion, lettuce and mustard | 1 Cup Greek Yogurt | 4 oz grilled chicken 1/2 cup potato and 1 cup broccoli |  |
| Friday | ½ Ezekiel wrap with nut butter & banana | ½ apple or banana with nut butter | Amy's Black Bean Soup (Store Bought) | 1 Scoop Shakeology 1 cup strawberries | 4 oz flank steak 1/2 cup mashed sweet potato 1 cup fresh asparagus |  |
| Saturday | 2 Eggs 1 cup spinach, 2 tbsp walnuts | 1 Small apple 2 tsp almond butter | 4 oz salmon 1Cup veggies, 1/2Cup Edamame, 1Tbsp oil-based dressing, 2Tbsp nuts | 1 Scoop Shakeology 1/2 banana | 4 oz grilled chicken 1/2 cup potato and 1 cup broccoli |  |
| Sunday | 3/4 C Greek Yogurt, 1C berries, 2 tbsp walnuts | 1C celery sticks 2 tsp pb butter | Salad with Chicken | 1 Scoop Shakeology 1C berries | Chili and baked potato |  |
| \*We’re not registered dieticians. You should always consult your doctor before starting any plan. This is just a personal meal plan. |