

Week 1 Meal Plan

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Yogurt Parfait	Egg Roll in a Bowl	Dark Blue Moon	BBQ Chicken salad
TUESDAY	Yogurt Parfait	Southwest Chicken and Bean Salad	PBJ Smoothie	Hawaiian-Style Salmon
WEDNESDAY	Veggie omelet with avocado	Southwest Chicken and Bean Salad	Dark Blue Moon	Steak Fajitas
THURSDAY	Veggie omelet with avocado	Southwest Chicken and Bean Salad	PBJ Smoothie	Lean Protein and veggies
FRIDAY	eggs and veggies	Salad with lean protein	Peanut Butter Banana Smoothie	Lean Protein and veggies
SATURDAY	Protein Overnight Oats	Salad with lean protein	Peanut Butter Banana smoothie	Lean Protein and veggies
SUNDAY	Veggie omelet w/avocado	Salad with lean protein	PBJ Smoothie	Lean Protein and veggies