

Weekly Meal Plan

	Thursday	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Meal 1	Pancakes & Strawberries	Pancakes & Strawberries	Pancakes & Strawberries	Pancakes & Strawberries	Egg & Avocado Toast	Mushroom, onion & pepperjack omelete	Egg & Avocado Toast
Meal 2	Avocado Chicken Salad	Avocado Chicken Salad	Avocado Chicken Salad	Protein Shake	Protein Shake	Protein Shake	Protein Shake
Meal 3	Strawberry Cobb Salad	Strawberry Cobb Salad	Loaded Mushroom Burger	Chicken Fried Rice	Pesto Chicken	Avocado Egg Salad Sandwich	Avocado Egg Salad Sandwich
Meal 4	Chicken Fried Rice	Celery & Peanut Butter	Celery & Peanut Butter	Celery & Peanut Butter	Celery & Peanut Butter	Black Bean & Turkey Tacos	Portobello Burger
Meal 5	Loaded Mushroom Burger	Portobello Burger	Pesto Chicken	Tuna & Wheat Thins	Loaded Mushroom Burger	Tuna & Wheat Thins	Celery & Peanut Butter
Meal 6 (Optional; Depends on exercise)	Black Bean & Turkey Tacos	Spinach & Tomato Tortellini Soup	Spinach & Tomato Tortellini Soup	Black Bean & Turkey Tacos	Spinach & Tomato Tortellini Soup	Chicken Fried Rice	Spinach & Tomato Tortellini Soup PLUS protein only
Notes	*Prepped everything late Wednesday night after grocery store	*Take frozen meals out for next day	*Take frozen meals out for next day	*Take frozen meals out for next day	*Take frozen meals out for next day	*Take frozen meals out for next day *Cook fresh avocado egg salad	*Take frozen meals out for next day *Cook fresh avocado egg salad