

lifestylechange

week five

	Breakfast	Snack 1	Lunch	Snack 2	Dinner
Monday	Fruit & Greek Yogurt Parfait	Celery & Peanut Butter	Chicken Phó	Tuna & Cucumbers	Mushroom Stew
Tuesday	Fruit & Greek Yogurt Parfait	Loaded Banana	Asian Quinoa Salad	Tuna & Cucumbers	Chicken Phó
Wednesday	Breakfast Quesadilla	Cottage Cheese	Asian Quinoa Salad	Almonds & String Cheese	Buffalo Chicken Casserole
Thursday	Spinach & Veggie Casserole	Celery & Peanut Butter	Vegetarian Freezer Burrito	Trail Mix	Chicken & Potatoes w/ Garlic Parmesan Sauce
Friday	Breakfast Sandwiches	Cottage Cheese	Pepper Jack & Spinach Stuffed Chicken	Almonds & String Cheese	Turkey Burger
Saturday	Eggs, Bacon & Toast	Loaded Banana	Vegetarian Freezer Burrito	Trail Mix	Buffalo Chicken Casserole
Sunday	Eggs, Bacon & Toast	Apple & Peanut Butter	Chicken & Potatoes w/ Garlic Parmesan Sauce	Almonds & String Cheese	Mushroom Stew