MEAL PLAN
MENU FOR THE WEEK

BREAKFASTS

- Biscuits & Gravy Bake
- Cookies & Cream Overnight Oats

SNACKS

- Rice Cake Snacks
- Apple & Peanut Butter
- String Cheese

DRINKS

- Water
- Fairlife Nutrition Plan

DINNERS

- Lentil Soup
- Sausage Potato Kale Soup

LUNCHES

- Buffalo Chicken Bites
- Copy Cat Chick-fil-A Market Salad

DESSERTS

- Jojo's Chocolate

EXAMPLE DAY 1

1926 CALS ● 199 C ● 147 P ● 61 F

BREAKFAST

- **Biscuits & Gravy Bake**
  (457 cals + 43 C + 27 P + 20 F)

SNACKS

- **2 rice cakes**
  (70 cals + 14 C + 0 P + 0 F)
- **1/2 cup nonfat cottage cheese**
  (80 cals + 20 C + 12 P + 0 F)
- **Everything But the Bagel Seasoning**

TOTAL: 150 cals + 20 C + 12 P + 0 F

DRINKS

- **Water**
- **Fairlife Nutrition Plan**
  (150 cals + 4 C + 30 P + 3 F)

DINNER

- **Lentil Soup**
  (276 cals + 44 C + 14 P + 5 F)
- **1/2 cup greek yogurt**
  (78 cals + 15 C + 11 P + 0 F)
- **1 small pita**
  (100 cals + 20 C + 4 P + 0F)

TOTAL: 454 cals + 79 C + 29 P + 5 F

LUNCH

- **Buffalo Chicken Bites**
  (208 cals + 8 C + 33 P + 3 F)
- **2 cups Celery**
  (32 cals + 6 C + 1 P + .3 F)
- **2 tbsp Ranch (Bolthouse Farms)**
  (45 cals + 3 C + 1 P + 3 F)

TOTAL: 285 cals + 17 C + 35 P + 7 F

DESSERT

- **Apple**
  (70 cals + 15 C + 0 P + 0 F)
- **2 tbsp Peanut Butter**
  (180 cals + 9 C + 9 P + 13 F)

TOTAL: 250 cals + 24 C + 9 P + 13 F

- **Jojo's Chocolate**
  (180 cals + 12 C + 5 P + 3 F)

EXAMPLE DAY 2

2002 CALS ● 203 C ● 144 P ● 65 F

BREAKFAST

- **Cookies & Cream Overnight Oats**
  (347 cals + 38 C + 35 P + 10 F)

SNACK

- **2 rice cakes**
  (70 cals + 14 C + 0 P + 0 F)
- **4 oz turkey + 1 cheese wedge**
  (150 cals + 7 C + 22 P + 3 F)

TOTAL: 220 cals + 21 C + 22 P + 3 F

- **Light String Cheese (2 sticks)**
  (100 cals + 2 C + 12 P + 5 F)

DRINKS

- **Water**
- **Chocolate Coffee**
  (35 cals + 4 C + 4 P + 1 F)

DINNER

- **Sausage Potato Kale Soup**
  (270 cals + 40 C + 18 P + 5 F)
- **1 Piece French Bread**
  (185 cals + 36 C + 8 P + 1 F)

TOTAL: 455 cals + 76 C + 26 P + 7 F

LUNCH

- **Copy Cat Chick-fil-A Market Salad**
  (423 cals + 30 C + 36 P + 18 F)

DESSERT

- **Apple**
  (70 cals + 15 C + 0 P + 0 F)
- **2 tbsp Peanut Butter**
  (180 cals + 9 C + 9 P + 13 F)

TOTAL: 250 cals + 24 C + 9 P + 13 F

- **Jojo's Chocolate**
  (180 cals + 12 C + 5 P + 3 F)