

WEEKLY MEAL PLAN

MENU FOR THE WEEK

BREAKFAST	LUNCH	DINNER	SNACKS
<ul style="list-style-type: none">• <u>Peanut Butter Overnight Oats</u>• <u>Cheesy Hashbrown Casserole & English Muffin</u>	<ul style="list-style-type: none">• <u>Panera Green Goddess Salad</u>• <u>Firecracker Chicken Bowls with Rice & Broccoli</u>	<ul style="list-style-type: none">• <u>Healthy Chicken Enchiladas</u>• <u>Chipotle Lime Turkey Burgers</u>	<ul style="list-style-type: none">• <u>Lemon Yogurt Parfait</u>• <u>String Cheese</u>• <u>Rice Cake Snacks</u>

SHOPPING LIST

PRODUCE	FRIDGE	PANTRY	EXTRAS
<ul style="list-style-type: none">• mixed greens• red onion• tomatoes• broccoli• green onions• lime• cilantro	<ul style="list-style-type: none">• greek yogurt• almond milk• hashbrowns• egg whites• turkey sausage• cheddar, mexican, feta, & peppperjack cheese• chicken breast• eggs• bacon• ground turkey• cheese wedge• fat free reddy wip• light string cheese• cottage cheese• turkey	<ul style="list-style-type: none">• oats• chia seeds• peanut butter• english muffins• rice• low-carb tortillas• canned green chiles• green enchilada sauce• chipotle pepper in adobo sauce• whole wheat buns• SF vanilla pudding• lemon creme oreo thins• rice cakes	<ul style="list-style-type: none">• vanilla• reeses pieces• hot sauce & buffalo sauce• salt, pepper, red pepper flakes, garlic powder, onion powder• green goddess dressing• corn starch• rice vinegar• honey

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EXAMPLE DAY

BREAKFAST	LUNCH	DINNER	SNACKS
<ul style="list-style-type: none"><u>Cheesy hashbrown casserole</u> with english muffin & cheese wedge <p>389kCal 40g Carbs 36g Protein 12g Fat</p>	<ul style="list-style-type: none"><u>Panera green goddess salad</u> <p>505kCal 18g Carbs 52g Protein 28g Fat</p>	<ul style="list-style-type: none"><u>Chipotle lime turkey burger</u> with chipotle lime sauce, whole wheat bun, & cheese wedge <p>406kCal 43g Carbs 43g Protein 6g Fat</p>	<ul style="list-style-type: none"><u>2 rice cakes with cottage cheese & EBTB seasoning</u> (150kCal 20g Carbs 12g Protein 0g Fat)<u>Lemon yogurt parfait</u> (295kCal 34g Carbs 30g Protein 6g Fat)

DAILY TOTAL: 1745kCal | 155g Carbs | 173g Protein | 52g Fat

EXAMPLE DAY

BREAKFAST	LUNCH	DINNER	SNACKS
<ul style="list-style-type: none"><u>Peanut Butter Overnight Oats</u> <p>408kCal 40g Carbs 22g Protein 19g Fat</p>	<ul style="list-style-type: none"><u>Firecracker chicken bowls</u> with 1/2 cup brown rice and 1 cup broccoli <p>433kCal 49g Carbs 42g Protein 8.5g Fat</p>	<ul style="list-style-type: none"><u>Healthy chicken enchiladas</u> (2 servings) <p>514kCal 48g Carbs 38g Protein 30g Fat</p>	<ul style="list-style-type: none"><u>2 rice cakes with 4 oz turkey & cheese wedge</u> (220kcal 21g C 22g P 2.5g F)Light string cheese - 2 sticks (100kCal 2g Carbs 12g Protein 5g Fat)<u>Lemon yogurt parfait</u> (295kCal 34g Carbs 30g Protein 6g Fat)

DAILY TOTAL: 1970kCal | 194g Carbs | 166g Protein | 71g Fat