














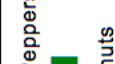



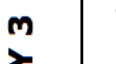



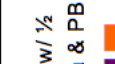







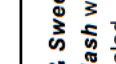
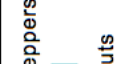









# MEAL PLAN 1200-1499



www.hustleandheartfitness.com  nicolebardugone@gmail.com

PLAN 1 1200-1499	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast Coffee w/ Coconut Oil T	Greek Yogurt / Honey & Berries 	Scrambled Eggs & Mushrooms 	Southwest Breakfast Scramble  T	Scrambled Eggs & Mushrooms 	Acai Bowl 	*Spiced French Toast w/ Banana & Pecan  TT	Acai Bowl 
Shakeology Snack	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology 	Shakeology w/ Fruit 	Shakeology 
Lunch	Turkey Bacon Avocado Club 	Tuna Melt on Portobello Mushroom 	Egg Roll in a Bowl 	*Tuna Melt on Portobello Mushroom 	Turkey Bacon Avocado Club 	Egg Roll in a Bowl 	(LEFT OVERS) Monster Meatloaf Broccoli & Sweet Potato 
Snack	Sliced Peppers  Peanuts 	Toast w/ ½ Banana & PB 	Sliced Peppers  Peanuts 	Toast w/ ½ Banana & PB 	Sliced Cucumbers 	Sliced Peppers  Peanuts 	Toast w/ PB 
Dinner	*Turkey & Sweet Potato Hash w/ Side Salad  T	Pork Chops Applesauce & *Mashed Cauliflower  T	Chicken Fried Rice 	One Pan Balsamic Chicken & Veggies 	White Veggie Pizza 	Monster Meatloaf Broccoli 	Unstuffed Pepper Skillet  T