



PLAN 1 1200-1499	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Breakfast</b> Coffee w/ Coconut Oil T *Everyday	Peach Overnight Oats 	Eggs, (Over Easy) Sweet Potato Hash 	Peach Overnight Oats 	Eggs, (Over Easy) Sweet Potato Hash 	Hardboiled Egg Waffle w/ Peanut Butter 	Peach Overnight Oats 	Protein Pancakes w/ Banana Slices 
<b>Shakeology Snack</b>	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 
<b>Lunch</b>	Egg Roll In A Bowl 	One Pan Italian Chicken & Veggies 	(LO) Crockpot Pork Carnitas over Salad 	One Pan Italian Chicken & Veggies 	Egg Roll In A Bowl 	One Pan Italian Chicken & Veggies 	(LO) Unstuffed Pepper Skillet 
<b>Snack</b>	Peanuts 	Apple Slices 	Apple Slices 	Peanuts 	Shakeology Energy Balls 	Shakeology Energy Balls 	Shakeology Energy Balls 
<b>Dinner</b>	Crockpot Pot Roast w/ Potato & Veggies 	Crockpot Pork Carnitas 	Grilled Chicken & Spinach Dip w/ Pita Chips 	Chicken with Balsamic Roasted Veggies & Sweet Potato 	Unstuffed Pepper Skillet 	Flounder with Arugula & Tomatoes 	Italian Pulled Pork Ragu over Zoodles 

[www.hustleandheartfitness.com](http://www.hustleandheartfitness.com)

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