



MEAL PLAN 1200-1499



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
PLAN 1 1200-1499							
Breakfast Coffee w/ Coconut Oil T *Everyday	Scrambled Egg, Pepper & Avocado Wrap 	2 Hardboiled eggs Waffle w/ Peanut Butter Fruit	Egg & Mushroom Omelet w/ Ezekiel Toast 	2 Hardboiled eggs Waffle w/ Peanut Butter T	Scrambled Egg Waffle w/ Peanut Butter T	Egg & Mushroom Omelet 	Pancakes & Fruit
Shakeology Snack	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit
Lunch	Pork Tenderloin Cauliflower Mash Asparagus & Applesauce 	Turkey Meatballs / Spaghetti Squash 	Pork Tenderloin Cauliflower Mash Asparagus & Applesauce 	Turkey Meatballs / Spaghetti Squash 	Pork Tenderloin Cauliflower Mash Asparagus & Applesauce 	Turkey Bacon Avocado Club * 1/2 Blue 	Buffalo Chicken Quinoa
Snack	Sliced Cucumbers & Sesame Seeds 	Carrots 	FRUIT 	FRUIT 	Cucumbers & Berries 	FRUIT 	Sliced Cucumbers & Sesame Seeds
Dinner	Bruschetta Chicken w/ Brown Rice 	Chicken Enchiladas Crockpot 	Italian Stuffed Peppers w/ Rice 	Meatloaf Cupcakes w/ Mashed & Broccoli 	Maple Dijon Chicken, Rice & Veggies 	Veggie Flat Bread Pizza * 1/2 Blue 	Grilled Chicken with Spaghetti Squash Lasagna