

★ Color Counting Meal Plan ★

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	
Egg White Mushroom Broccoli Quiche Mixed Berries 	Hardboiled Egg Waffle w/ Peanut Butter  TT	Egg White Mushroom Broccoli Quiche Mixed Berries 	Hardboiled Egg Waffle w/ Peanut Butter  TT	Egg White Mushroom Broccoli Quiche Mixed Berries 	Hardboiled Egg Waffle w/ Peanut Butter  TT	Pro W
Chocolate Shakeology ½ banana 	Café Latte Shakeology 	Chocolate Shakeology ½ banana 	Café Latte Shakeology 	Chocolate Shakeology ½ banana 	Café Latte Shakeology 	
Creamy Crockpot Chicken 	Chicken & Blueberry Mason Jar Salad  	Creamy Crockpot Italian Chicken 	Chicken & Blueberry Mason Jar Salad  	Creamy Crockpot Italian Chicken 	Chicken & Blueberry Mason Jar Salad  	Alm
Sliced Peppers Sunflower Seeds 	Mixed Berries 	Sliced Peppers Sunflower Seeds 	Mixed Berries 	Sliced Peppers Sunflower Seeds 	Mixed Berries 	S
Monster Meatloaf – Broccoli Sweet Potato 	Turkey Meatballs w/ Sauce & Spag Squash 	Monster Meatloaf – Broccoli Sweet Potato 	Turkey Meatballs w/ Sauce & Spag Squash 	Monster Meatloaf – Broccoli Sweet Potato 	Turkey Meatballs w/ Sauce & Spag Squash 	Bi