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PLAN 1 1200-1499	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast Coffee w/ Coconut Oil T	Avocado Toast w/ 2 Eggs 	Strawberry Overnight oats 	Egg White Mushroom Broccoli Quiche Mixed Berries 	Strawberry Overnight oats 	Scrambled Egg Waffle w/ Peanut Butter & Honey 	Scrambled Egg Waffle w/ Peanut Butter 	VEGGIE Omelet w/ Cheese 
Shakeology Snack	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 
Lunch	Egg Roll In a Bowl 	2 Bean Crock Pot Chicken w/ Broccoli 	Oven Fajitas w/ corn tortillas 	Meat Loaf Cupcakes Mashed Cauliflower * $\frac{1}{2}$ B, $\frac{1}{4}$ X 	Egg Roll In a Bowl 	Egg White Mushroom Broccoli Quiche Mixed Berries 	Salad with Steak 
Snack	Celery w/ PB 	Celery w/ PB 	Celery w/ PB 	Celery w/ PB 	Celery w/ PB 	Celery w/ PB 	Chocolate, Peanut Butter, and Banana Sweet Quesadilla 
Dinner	2 Bean Crock Pot Chicken w/ Broccoli 	Oven Fajitas w/ corn tortillas & cheese 	Meat Loaf Cupcakes Mashed Cauliflower * $\frac{1}{2}$ B, $\frac{1}{4}$ X 	Ricotta & Spinach Stuffed Chkn 	Shrimp, Asparagus Goat Cheese Pasta 	Grilled Steak Sweet Potatoes & Zucchini 	Spaghetti Squash w/ Turkey Meatballs & Sunday Sauce 