

# ★ 22 MINUTE HARD CORPS ★ Week 1 Meal Plan ★

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Huevos Rancheros  1Cup Raspberries	Mushroom Omelet & Oats topped with ½ banana sprinkled with cinnamon & vanilla extract	Huevos Rancheros  1Cup Raspberries	Mushroom Omelet & Oats topped with ½ banana sprinkled with cinnamon & vanilla extract	4 slices turkey bacon w/ Sautéed Zucchini Tst w/ 1 tsp PB Strawberries	Eggs Scrambled with Peppers & Sweet Potatoes  Strawberries
Shakeology ½ banana 1 tsp peanut butter	Shakeology ½ banana 1 tsp peanut butter	Shakeology ½ banana 1 tsp peanut butter	Shakeology ½ banana 1 tsp peanut butter	Shakeology ½ banana 1 tsp peanut butter	Shakeology ½ banana 1 tsp peanut butter
Chipotle Turkey Wrap	Sesame Chicken w/ Asparagus	Leftover Baked Chicken with Zucchini Brown Rice Sunflower Seeds	Chipotle Turkey Wrap	Tilapia with brown rice & green beans topped with cuban mojo sauce	Leftover Chicken with romaine and peanut lime dressing  Sweet potato
¼ Avocado, sliced drizzled with Balsamic Vinegar	8 walnut halves	¼ Avocado, sliced drizzled with Balsamic Vinegar	8 Cashews	¼ Avocado, sliced drizzled with Balsamic Vinegar	8 Cashews
Baked Chicken with Zucchini	Taco Meat – Lettuce Wrap	Grilled Pork Chops with Broccoli	Grilled Turkey Lettuce Wrap	Baked Chicken with Broccoli	Snappy Tilapia

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