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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 *Everyday	Spinach, Tomato, and Quinoa Breakfast Casserole 	Scrambled Egg Waffle w/ Peanut Butter  T Berries n	Spinach, Tomato, and Quinoa Breakfast Casserole 	Overnight oats 	S Spinach, Tomato, and Quinoa Breakfast Casserole 	Overnight oats 	Scrambled Egg Waffle w/ Peanut Butter  T
Shakeology Snack	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Avocado 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 
Lunch	Ground Turkey Zucchini 	Turkey Meatballs / Spaghetti Squash 	Egg Roll In a Bowl 	Ground Curry Turkey, Rice & Green Beans 	Pork Tenderloin Cauliflower Mash, Apple Sauce 	Chicken Stuffed Peppers *1/2 Blue 	Chipotle Turkey Wrap 
Snack	Cucumber Slices w/ hummus 	Carrots / Sunflower Seeds 	Cucumber Slices w/ hummus 	Carrots / Sunflower Seeds 	Cucumber Slices w/ hummus *1/2 Blue 	Carrots / Sunflower Seeds 	Tomato Avocado Salas with Sunflower Seeds 
Dinner	Creamy Italian crock pot chicken 1/2  Banana w/ PB 	Veggie Flat Bread Pizza 	One Pan Chicken & Veggie  TT	Pork Tenderloin Cauliflower Mash, Apple Sauce 	Chicken Stuffed Peppers *1/2 Blue 	White Pizza with Olive Oil & Arugula 	Egg Roll In a Bowl 