




































PLAN A	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5 THANKSGIVING	DAY 6	DAY 7
Breakfast Coffee w/ Coconut Oil T	FixAte Egg Cups / Steal Cut Oats w/ PB 1 Cup Berries 	Greek Yogurt Bowl 	2 Eggs, Kale & Peppers 	FixAte Egg Cups / Steal Cut Oats w/ PB 1 Cup Berries 	2 Eggs, Kale & Peppers 	Greek Yogurt Bowl 	FixAte Egg Cups / Steal Cut Oats w/ PB 1 Cup Berries 
Shakeology Snack	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 
Lunch	Mixed salad with grilled chicken, quinoa, corn, and sunflower seeds. 	Pesto Chicken & Veggies 	Mixed salad with grilled chicken, quinoa, corn, and sunflower seeds. 	Pesto Chicken & Veggies 		Pesto Chicken & Veggies 	(LO) Monster Meatloaf Broccoli 
Snack	Carrots 	Fix Caesar Deviled Eggs 	Carrots 	Fix Caesar Deviled Eggs 		Peanuts 	Peanuts 
--Dinner	White Veggie Pizza 	Cilantro Lime Shrimp, Brown Rice & Steamed Broccoli 	Taco Pepper Nachos 	Crockpot Chili Mac 		Monster Meatloaf Broccoli 	Shrimp & Broccoli Pasta 