

**Weekly Meal Planner**

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| MEAL Plan | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
| 1200-1499  Calories |  |  |  |  |  |  |  |
| Breakfast | Vanilla Peach Shakeology   | Café Latte Shakeology  Side Banana   | Choc Shake w/ Banana & PB2   | Café Latte Shakeology   | Vanilla Power Green Shake   | Strawberry Shake w/ banana   | Strawberry Shake w/ banana   |
| Snack | Scrambled Egg w/ Spinach    Toast  | Hardboiled Egg & Toast   | Scrambled Egg, Avocado / Corn Tortilla   | 2 Hardboiled Eggs  | Scrambled Eggs, Spinach, Mushroom  Eziekel Toast   | Scrambled Egg w/ Spinach   | Veggie Omelet w/ Toast   |
| Lunch | Low Sodium Turkey Rolled Up w/ Hummus  Veggie Soup  ****½ | Tuna over Salad – Dressing   | Low Sodium Turkey Rolled Up / Veggie Soup   | Ground Turkey, Green Beans, Rice  ½ | Left Over – Veggie Lasagna  ½½  1½½  (leftovers) | Turkey Bacon Avocado Club   | Ground Turkey, Green Beans, Rice  ½ |
| Snack | Cucumbers w/ Sesame Seeds, Vinegar Salt & Pepper   | Peach & Pineapple   | Apple w/ Peanut Butter   | Greek Yogurt w/ Honey   | Apple w/ Peanut Butter  ½ | Pineapple w/ coconut   | Pineapple w/ coconut   |
| Dinner | Meatloaf Cupcake, Mashed Pot, Broccoli  ****½ | Steak Tacos w/ Pepper & Onions   | Grilled Chicken with Buffalo Cauliflower & Sweet Pot.   | Veggie Lasagna  ½½  1½½ | White Fish with Tomato Salsa  Side Salad   | Grilled Chicken – Asparagus Sweet Potato    | Turkey Meatball Spaghetti squash   ½ |