

**Weekly Meal Planner**

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| MEAL Plan | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
| 1200-1499Calories |  |  |  |  |  |  |  |
| 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, MushroomEziekel Toast | Scrambled Egg w/ Spinach | Veggie Omelet w/ Toast |
| Lunch | Low Sodium Turkey Rolled Up w/ HummusVeggie 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 Butter½ | 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  |