



# MEAL PLAN 1200-1499

PLAN 1 1200-1499	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>Breakfast</b> Coffee w/ Coconut Oil T *Everyday	Acai Bowl 	Scrambled Egg Waffle w/ Peanut Butter 	Acai Bowl 	Scrambled Egg Waffle w/ Peanut Butter 	Scrambled Egg Waffle w/ Peanut Butter 	Egg & Veggie Scramble 	Avocado Egg Salad Toast 
<b>Shakeology Snack</b>	Shakeology 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Avocado 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology w/ Fruit 
<b>Lunch</b>	Grilled Chicken with Greek Cucumber Salad w/ Feta 	Turkey Meatballs / Spaghetti Squash 	Bruschetta Chicken w/ Brown Rice 	Pork Tenderloin Cauliflower Mash Asparagus 	Turkey Bacon Avocado Club 	Turkey Bacon Avocado Club * 1/2 Blue 	LEFTOVERS 
<b>Snack</b>	Cucumbers 	Carrots with Hummus 	Carrots with Hummus 	Berries 	Cucumbers & Berries 	Berries 	Berries 
<b>Dinner</b>	Flank Steak w/ Peppers, Onions & Mushrooms w/ Sweet pot. 	Bruschetta Chicken w/ Brown Rice 	Pork Tenderloin Cauliflower Mash Asparagus 	Veggie Flat Bread Pizza 	Almond Crusted Chicken w/ Broccoli 	Veggie Flat Bread Pizza * 1/2 Blue 	Spaghetti Squash Turkey Meatball w/ Sunday Sauce Cannoli Cream Dessert 

