

**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 Power Green Shake | Strawberry Shake w/ banana  | Choc Shake w/ Banana & PB2 | Choc Shake w/ Banana & PB2 | Vanilla Power Green Shake | Vanilla Power Green Shake | Strawberry Shake w/ banana  |
| Snack | Toast, Egg, Avocado  | 2 Hardboiled Eggs  | Scrambled Egg, Avocado / Corn Tortilla ½ | 2 Hardboiled Eggs  | Scrambled Eggs, Spinach, MushroomEziekel Toast | Overnight Oats  | 2 Hardboiled Eggs  |
| Lunch | Turkey Meatballs / Spaghetti Squash  | Ground Turkey, Green Beans, Rice | Turkey Meatballs / Spaghetti Squash  | Crkpot Creamy Italian Chicken w/ pasta (left overs) | Ground Turkey, Green Beans, Rice | Baked Spaghetti Squash (left overs) | Turkey Bacon Avocado Club |
| Snack | Apple w/ Peanut Butter | Cucumbers w/ Sesame Seeds, Vinegar Salt & Pepper  | Apple w/ Peanut Butter | Toast with Peanut Butter | Apple w/ Peanut Butter | H&C Veggie SoupSunflower Seeds  | H&C Veggie Soup |
| Dinner | Grilled Chicken, Salad, Sweet Potato | One Pan Chicken & Veggie  | Crkpot Creamy Italian Chicken w/ pasta  | Pork Tenderloin Cauliflower Mash, Apple Sauce  | Baked Spaghetti Squash  | Balsamic Chicken w/ rice   | Flat Out White Pizza w/ Arugula Salad   |