

**Weekly Meal Planner**

****

**fitlifebound.com**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| MEAL Plan | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
| 1200-1499  Calories |  |  |  |  |  |  |  |
| 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, Mushroom  Eziekel 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    |