



# 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	Egg White Mushroom Broccoli Quiche Mixed Berries 	Eggs with Kale & Peppers 	Egg White Mushroom Broccoli Quiche Mixed Berries 	Hardboiled Egg Waffle w/ Peanut Butter TT	Hardboiled Egg Waffle w/ Peanut Butter TT	Eggs with Kale & Peppers 	Egg White Mushroom Broccoli Quiche Mixed Berries 
<b>Shakeology Snack</b>	Shakeology w/ Fruit 	Shakeology 	Shakeology w/ Fruit 	Shakeology w/ Fruit 	Shakeology 	Shakeology w/ Fruit 	Shakeology w/ Fruit 
<b>Lunch</b>	Turkey Lettuce Wraps T	Acai Bowl 	Turkey Lettuce Wraps T	Turkey, Bacon Avocado Club 	Acai Bowl 	Turkey Lettuce Wraps T	(LO) Steak Salad 
<b>Snack</b>	English Muffin with PB 	Carrots & Peanuts 	Cucumbers & Sesame Seeds w/ Red Wine Vinegar 	Carrots & Peanuts 	English Muffin with PB 	Cucumbers & Sesame Seeds w/ Red Wine Vinegar 	Sliced Peppers Hummus 
<b>Dinner</b>	Tilapia w/ Veggies & Brown Rice 	Pepper Nachos 	Mediterranean Turkey Burgers w/ Veggies T	Balsamic Glazed Chicken T	Mediterranean Turkey Burgers w/ Salad, Avocado T	Steak with Grilled Corn & Sweet Potatoes & Zucchini 	Chicken Marsala w/ Brown Rice & Green Beans 

[www.hustleandheartfitness.com](http://www.hustleandheartfitness.com)

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