

STRONG Mommas

STRONG MOMMAS MEAL PLANNER APRIL

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| MON | B | 2 scrambled eggs w/ mixed veggies, Half grapefruit | L | Rotisserie chicken breast, 2 handfuls mixed veggies, 2 Tbsp hummus, ½ avocado | S | Whole apple, 2 Tbsp nut butter | D | Crockpot Chili (R) |
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| TUES | B | Yogurt & Berry Bowl (R) | L | Diced chicken, bagged salad w/ vinaigrette style dressing | S | Hard boiled egg, large handful mixed veggies, 2 Tbsp hummus | D | Greek Quinoa Chicken Salad (R) with Tzatziki Sauce (R) |
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| WED | B | 2 eggs any style, ½ avocado, 1 piece whole grain toast, ½ grapefruit | L | Leftovers or Diced chicken w/ bagged salad and vinaigrette style dressing | S | Whole apple, 2 Tbsp nut butter | D | Turkey Meatballs w/ Spaghetti Squash (R) |
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| THUR | B | 2 Hard boiled eggs, ½ avocado, ½ large tomato, 1 piece whole grain toast, ½ grapefruit | L | Mixed Berry Smoothie (R) | S | Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus | D | Shrimp Quinoa w/ Avocado-Mango Salsa (R) |
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| FRI | B | Yogurt Berry Bowl (R) | L | Leftovers or Strawberry Banana Smoothie (R) | S | Mixed raw veggies, hummus or tzatziki dip, hard boiled egg | D | WHATEVER YOU WANT! |
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| SAT | B | Zucchini Frittata (R) | L | Diced Chicken or canned salmon, Bagged salad w/ vinaigrette style dressing | S | Whole apple, 2 Tbsp nut butter | D | WHATEVER YOU WANT! |
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| SUN | B | Zucchini Frittata or 2 eggs any style, mixed veggies, ½ avocado, 1 piece whole grain toast | L | Diced Chicken or canned salmon, Bagged salad w/ vinaigrette style dressing | S | Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus | D | WHATEVER YOU WANT! |
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HEALTHY EATING HABITS

- eat every meal
- eat protein
- eat produce
- add healthy fats
- time whole grains & other starches
- eat real, whole food
- drink water
- splurge sometimes