



**STRONG MOMMAS
MEAL PLANNER
AUGUST**

MON	B	Green Eggs & Ham (R), Half grapefruit or orange	L	Mixed greens salad w/ added veggies, 1/2 avocado, chicken/steak, vinaigrette-style dressing	S	Large handful broccoli & cauliflower, 2 Tbsp hummus, handful pistachios	D	Creamy Baked Chicken Thighs (R) w/ Roasted Veggies (R) & Quinoa
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TUES	B	2-3 eggs scrambled w/ asparagus, mushrooms, & onions; Half grapefruit	L	Strawberry Banana Shake (R)	S	1 cup lowfat cottage cheese, handful fresh berries, handful pecans, 1 Tbsp chia seeds	D	Egg Roll in a Bowl (R)
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WED	B	Mixed Berry Protein Shake (R)	L	Egg Roll in a Bowl leftovers or Chicken Salad Wrap (R)	S	Whole apple or pear, Hard-boiled egg, small handful mixed raw nuts	D	Tandoori Spiced Chicken w/ Herbed Greek Yogurt Sauce (R)
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THUR	B	Green Eggs & Ham (R), Half grapefruit or orange	L	Chicken Salad Wrap (R)	S	Large handful broccoli & cauliflower, 2 Tbsp hummus, handful pistachios	D	Broccoli Chicken Quinoa Salad (R)
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FRI	B	Mixed Berry Protein Shake (R)	L	Broccoli Chicken Quinoa Salad leftovers or smoothie of your choice	S	1 cup lowfat cottage cheese, handful fresh berries, handful pecans, 1 Tbsp chia seeds	D	WHATEVER YOU WANT!
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SAT	B	2-3 eggs scrambled w/ asparagus, mushrooms, & onions; Half grapefruit	L	Mixed greens salad w/ added veggies, 1/2 avocado, chicken/steak, vinaigrette-style dressing	S	Whole apple or pear, Hard-boiled egg, small handful mixed raw nuts	D	WHATEVER YOU WANT!
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SUN	
B	WHATEVER YOU WANT!
L	Mixed greens salad w/ added veggies, 1/2 avocado, chicken/steak, vinaigrette-style dressing
S	Large handful broccoli & cauliflower, 2 Tbsp hummus, handful pistachios
D	Honey Lime BBQ Chicken (R) w/ small mixed greens salad & watermelon

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