



STRONG MOMMAS
MEAL PLANNER
DECEMBER

MON	B 2-3 egg scramble w/ 2 veggies of your choice, 1/2 avocado, 1 satsuma	L Mixed green salad w/ chicken or leftover steak, mixed raw nuts or seeds, vinaigrette style dressing	S Lowfat cottage cheese, whole pear, small handful of pecans or cashews	D Crockpot Beef & Mushroom Stew (R)	
	TUES	B Yogurt Berry Bowl (R)	L Beef stew leftovers or smoothie of your choice	S Apple or banana, 2 Tbsp nut butter or string cheese	D Shrimp & Quinoa Mexi-bowl (R)
	WED	B Orange Banana Green Smoothie (R)	L Mixed green salad w/ chicken or leftover steak, mixed raw nuts or seeds, vinaigrette style dressing	S Hard boiled egg, large handful mixed veggies, 2 Tbsp hummus	D Breakfast for dinner! Spinach & Sausage Casserole (R), 1/2 grapefruit
	THUR	B Breakfast casserole leftovers or 2-3 egg scramble w/ 2 veggies of your choice, 1 satsuma	L Mixed greens salad w/ chicken or steak, or smoothie of your choice	S Lowfat cottage cheese, whole pear, small handful of pecans or cashews	D Greek Chicken Quinoa Salad (R) with Tzatziki Sauce (R)
FRI	B Yogurt Berry Bowl (R)	L Leftovers of Greek Chicken Quinoa Salad or Mixed greens salad of your choice	S Apple or banana, 2 Tbsp nut butter or string cheese	D WHATEVER YOU WANT!	
SAT	B Zucchini Frittata (R), 1 satsuma, 1/2 avocado	L Orange Banana Green Smoothie (R)	S Hard boiled egg, large handful mixed veggies, 2 Tbsp hummus	D WHATEVER YOU WANT!	

SUN			
B	WHATEVER YOU WANT!		
L	Leftovers of anything or smoothie of your choice		
S	Lowfat cottage cheese, whole pear, small handful of pecans or cashews		
D	Sweet Potato Hash (R)		

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