



**STRONG MOMMAS  
MEAL PLANNER  
FEBRUARY**

<b>MON</b>	<b>B</b>	Two eggs any style, whole grain toast, 1/2 avocado, 2 slices Canadian bacon 1 orange	<b>L</b>	Strawberry Banana Shake (R)	<b>S</b>	Large handful pistachios, large handful mixed veggies, 2 Tbsp hummus or Greek yogurt dip	<b>D</b>	Crockpot Jambalaya (R)
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<b>TUES</b>	<b>B</b>	2-3 scrambled eggs w/ mixed veggies of your choice & 1/2 chicken sausage link, 1 orange	<b>L</b>	Jambalaya leftovers or large mixed green salad w/ chicken & vinaigrette style dressing	<b>S</b>	Yogurt Berry Bowl (R)	<b>D</b>	Roasted pork loin, mixed leafy green salad w/ vinaigrette dressing, canteloupe
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<b>WED</b>	<b>B</b>	1 Chicken sausage link, large handful sauteed veggies of your choice, 1 orange or 1/2 grapefruit	<b>L</b>	2 hard boiled eggs, handful mixed veggies, hummus or Greek yogurt dip, small handful raw nuts, 1 pear	<b>S</b>	2 Tbsp nut butter, whole banana or apple	<b>D</b>	Greek Chicken Quinoa Salad (R)
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<b>THUR</b>	<b>B</b>	Two eggs any style, whole grain toast, 1/2 avocado, 2 slices Canadian bacon 1 orange	<b>L</b>	Greek Chicken Quinoa Salad leftovers or Strawberry Banana Shake (R)	<b>S</b>	Large handful pistachios, large handful mixed veggies, 2 Tbsp hummus or Greek yogurt dip	<b>D</b>	Breakfast casserole (R), small mixed green salad w/ vinaigrette dressing, 1/2 grapefruit
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<b>FRI</b>	<b>B</b>	Breakfast casserole leftovers, 1 orange or pear	<b>L</b>	Large mixed green salad w/ chicken or steak, other veggies, & vinaigrette style dressing	<b>S</b>	Yogurt Berry Bowl (R)	<b>D</b>	WHATEVER YOU WANT!
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<b>SAT</b>	<b>B</b>	Zucchini Frittata (R), whole grain toast, 1 piece of fruit of your choice	<b>L</b>	2 hard boiled eggs, handful mixed veggies, hummus or Greek yogurt dip, small handful raw nuts, 1 pear	<b>S</b>	2 Tbsp nut butter, whole banana or apple	<b>D</b>	WHATEVER YOU WANT!
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<b>SUN</b>	
<b>B</b>	WHATEVER YOU WANT!
<b>L</b>	Leftovers of anything, mixed green salad, or smoothie of your choice
<b>S</b>	Large handful pistachios, whole pear or apple
<b>D</b>	Blackened Chicken w/ Avocado Cream Sauce (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