



**STRONG MOMMAS  
MEAL PLANNER  
JANUARY**

<b>MON</b>	<b>B</b> Two eggs any style, avocados, salsa, & half grapefruit or orange	<b>L</b> Mixed green salad w/ chicken or leftover steak, mixed raw nuts or seeds, vinaigrette style dressing	<b>S</b> Celery w/ nut butter, whole apple	<b>D</b> Crockpot turkey sausage & kale soup (R)
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<b>TUES</b>	<b>B</b> Lowfat cottage cheese, tomato, avocado, salt/pepper, and apple	<b>L</b> Sausage & kale stew leftovers or smoothie of your choice	<b>S</b> Handful mixed raw nuts, large handful broccoli & cauliflower, 2 Tbsp hummus	<b>D</b> Sweet potato hash (R) or Blackened Salmon w/ avocado-mango salsa (R)
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<b>WED</b>	<b>B</b> Mixed berry smoothie (R)	<b>L</b> Chicken salad wrap (R) or Chicken Salad mix on a bed of lettuce	<b>S</b> Lowfat cottage cheese, tomato, avocado, salt/pepper, and apple	<b>D</b> Quinoa Mexi-bowl (R) or taco salad
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<b>THUR</b>	<b>B</b> Two eggs sautéed with mixed veggies, & half grapefruit or orange	<b>L</b> Mixed green salad w/ chicken or leftover steak, mixed raw nuts or seeds, vinaigrette style dressing	<b>S</b> Celery w/ nut butter, whole apple	<b>D</b> Coconut chicken strips (R) & sweet potato fries or mixed green salad
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<b>FRI</b>	<b>B</b> Strawberry banana smoothie (R)	<b>L</b> Cabbage Chicken Salad (R)	<b>S</b> Apple or banana, 2 Tbsp nut butter or string cheese	<b>D</b> WHATEVER YOU WANT!
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<b>SAT</b>	<b>B</b> Two egg omelet w/ mixed veggies & other proteins, half grapefruit or orange	<b>L</b> Leftovers, Cabbage Chicken Salad (R)	<b>S</b> Handful mixed raw nuts, large handful broccoli & cauliflower, 2 Tbsp hummus	<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 or smoothie of your choice		
<b>S</b>	Lowfat cottage cheese, tomato, avocado, salt/pepper, and apple		
<b>D</b>	Crockpot Chili (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