



**STRONG MOMMAS
MEAL PLANNER
JULY**

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| MON | B | Yogurt Berry Bowl (R) | L | Chicken Salad Wrap (R) | S | Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus | D | Summer Spaghetti Squash (R) |
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| TUES | B | 2-3 egg veggie omelet of your choice, ½ Grapefruit | L | Chicken Salad Wrap leftovers or Orange Banana Green Smoothie (R) | S | Whole apple, 2 Tbsp nut butter | D | Greek Chicken Quinoa Salad (R) with Tzatziki Sauce (R) |
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| WED | B | 2-3 eggs any style, ½ avocado, ½ large tomato, 1 whole grain English muffin | L | Leftovers or bagged salad of mixed greens, chicken/steak, vinaigrette-style dressing | S | 1 cup lowfat cottage cheese, handful fresh berries, handful pecans, 1 Tbsp chia seeds | D | Honey Lime BBQ Chicken Thighs (R), Bagged salad of mixed greens |
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| THUR | B | Yogurt Berry Bowl (R) | L | Bagged salad of mixed greens w/ chicken or steak, vinaigrette-style dressing | S | Hard-boiled egg, large handful mixed veggies, 2 Tbsp hummus | D | Chili Rubbed Salmon with Avocado Salsa (R) |
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| FRI | B | 2-3 egg veggie omelet of your choice, ½ Grapefruit | L | Leftovers or smoothie of your choice | S | Whole apple or banana, 2 Tbsp nut butter | D | WHATEVER YOU WANT! |
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| SAT | B | Zucchini Frittata (R) | L | Bagged salad of mixed greens w/ chicken or steak, vinaigrette-style dressing | S | Hard boiled egg, large handful mixed veggies, 2 Tbsp hummus | D | WHATEVER YOU WANT! |
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| SUN | |
| B | WHATEVER YOU WANT! |
| L | Orange Banana Green Smoothie (R) |
| S | 1 cup lowfat cottage cheese, handful fresh berries, handful pecans, 1 Tbsp chia seeds |
| D | Grilled steak with the Best Steak Marinade (R), Roasted Veggies (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