



**STRONG MOMMAS
MEAL PLANNER
JUNE**

MON	B 1 piece whole grain toast with ½ avocado, 2-3 eggs any style, mixed fruit	L Strawberry Banana Smoothie (R)	S Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus	D Nourish Bowls (R)	
	TUES	B 1 cup lowfat cottage cheese, handful fresh berries, handful pecans, 1 Tbsp chia seeds	L Nourish bowl leftovers	S Whole apple, 2 Tbsp nut butter	D Creamy baked chicken thighs (R) w/ Roasted veggies (R)
	WED	B Signature Scramble (R), mixed fruit	L Sirloin steak salad w/ vinaigrette style dressing & other veggies	S 1 cup lowfat cottage cheese, handful fresh berries, handful pecans, 1 Tbsp chia seeds	D Shrimp Mexi-Bowls (R)
	THUR	B Mixed Berry Smoothie (R)	L Leftovers or Broccoli Chicken Quinoa Salad (R)	S Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus	D Honey Lime BBQ Chicken Thighs (R), Bagged salad of mixed greens
FRI	B 1 piece whole grain toast with ½ avocado, 2-3 eggs any style, mixed fruit	L Broccoli Chicken Quinoa Salad (R)	S Whole apple, 2 Tbsp nut butter	D WHATEVER YOU WANT!	
SAT	B Turkey Sausage Mini Quiches (R), mixed fruit	L Leftovers or smoothie of your choice	S Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus	D WHATEVER YOU WANT!	

SUN	
B	Turkey Sausage Mini Quiches (R) or 2-3 egg veggie omelet of your choice
L	Bagged salad of mixed greens w/ chicken or sirloin steak, vinaigrette-style dressing
S	1 cup lowfat cottage cheese, handful fresh berries, handful pecans, 1 Tbsp chia seeds
D	WHATEVER YOU WANT!

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