

STRONG Mommas

STRONG MOMMAS MEAL PLANNER MARCH

MON	B	L	S	D
	2 fried eggs, ½ avocado, whole wheat English muffin, ½ grapefruit	Broccoli Chicken Quinoa Salad (R)	Whole apple, 2 Tbsp nut butter	Chicken fajitas (R), on lettuce or whole grain tortilla

TUES	B	L	S	D
	Orange Banana Green Smoothie (R)	Leftovers of anything or Diced chicken, bagged salad w/ vinaigrette style dressing	Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus	Crockpot Turkey Sausage & Kale Soup (R)

WED	B	L	S	D
	Zucchini Frittata (R) or smoothie of your choice	Leftovers of anything or Diced chicken, bagged salad w/ vinaigrette style dressing	Yogurt Berry Bowl (R)	Summer Spaghetti Squash (R)

THUR	B	L	S	D
	2 fried eggs, ½ avocado, whole wheat English muffin, ½ grapefruit	Orange Banana Green Smoothie (R)	Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus	Blackened Chicken w/ Avocado Cream Sauce (R)

FRI	B	L	S	D
	Zucchini Frittata (R) or 2 eggs any style w/ diced veggies, ½ grapefruit	Smoothie of choice or Diced chicken w/ bagged salad and vinaigrette style dressing	Yogurt Berry Bowl (R)	WHATEVER YOU WANT!

SAT	B	L	S	D
	Spinach & Sausage Breakfast Casserole (R)	Cabbage Chicken Salad (R) or leftovers or smoothie of your choice	Whole apple, 2 Tbsp nut butter	WHATEVER YOU WANT!

SUN	B	Spinach & Sausage Breakfast Casserole (R) or WHATEVER YOU WANT!
	L	Cabbage Chicken Salad (R) or leftovers or smoothie of your choice
	S	Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus
	D	Crockpot Tuscan Chicken Stew (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