

What's cooking...



MONDAY

breakfast

2 fried eggs, ½ avocado, whole wheat English muffin, ½ grapefruit

lunch

Broccoli Chicken Quinoa Salad (R)

snack

Apple, 2 Tbsp nut butter

dinner

Chicken fajitas (R), on lettuce or whole grain tortillas

workout

TUESDAY

breakfast

Orange Banana Green Smoothie (R)

lunch

Leftovers or Diced chicken, Bagged salad w/ vinaigrette style dressing

snack

Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus

dinner

Crockpot Turkey Sausage & Kale Soup (R)

workout

WEDNESDAY

breakfast

Zucchini Frittata (R) or smoothie of your choice

lunch

Leftovers or Diced chicken w/ bagged salad and vinaigrette style dressing

snack

Yogurt & Berry Bowl (R)

dinner

Summer Spaghetti Squash (R)

workout

THURSDAY

2 fried eggs, ½ avocado, whole wheat English muffin, ½ grapefruit

lunch

Orange Banana Green Smoothie (R)

snack

Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus

dinner

Blackened Chicken w/ Avocado Cream Sauce (R)

workout

FRIDAY

breakfast

Zucchini Frittata (R) or 2 eggs any style w/ diced veggies, ½ grapefruit

lunch

Leftovers or Diced chicken w/ bagged salad and vinaigrette style dressing

snack

Yogurt & Berry Bowl (R)

dinner

Whatever you want!

workout

SATURDAY

breakfast

Spinach & Sausage Breakfast Casserole (R)

lunch

Cabbage Chicken Salad (R) or leftovers or smoothie of your choice

snack

Apple, 2 Tbsp nut butter

dinner

Whatever you want!

workout

SUNDAY

breakfast

Spinach & Sausage Breakfast Casserole (R)

lunch

Cabbage Chicken Salad (R) or leftovers or smoothie of your choice

snack

Small handful mixed raw nuts, large handful mixed veggies, 2 Tbsp hummus

dinner

Crockpot Tuscan Chicken Stew (R)

workout