

STRONG Mommas

STRONG MOMMAS MEAL PLANNER NOVEMBER

MON	B Green Eggs & Ham (R)	L Smoothie of your choice (R)	S Large handful mixed veggies, 2 Tbsp hummus or tzatziki, string cheese	D BBQ Steak: The Best Steak Marinade (R), Roasted veggies, side salad
	B Lowfat cottage cheese, diced pears or apples, pecans or walnuts, chia seeds	L Mixed green salad w/ chicken or leftover steak, mixed raw nuts or seeds, vinaigrette style dressing	S Apple or banana, 2 Tbsp nut butter	D Taco Salad: ground turkey or lean beef, black beans, lettuce, tomato, avocado, salsa, etc.
	B Two egg omelet w/ bacon, asparagus, mushrooms, onions, 1/2 grapefruit or orange	L Taco salad leftovers or mixed plate w/ raw veggies, hummus, mixed nuts, hard boiled egg, whole apple	S Whole pear, string cheese, handful mixed raw nuts	D Michelle's Beef Chili (R)
	B Green Eggs & Ham (R)	L Chili leftovers or smoothie of your choice	S Large handful mixed veggies, 2 Tbsp hummus or tzatziki, string cheese	D Teriyaki Turkey Patties (R), Roasted veggies (R), Quinoa or cauliflower rice
TUES	B Lowfat cottage cheese, diced pears or apples, pecans or walnuts, chia seeds	L Mixed green salad w/ chicken or leftover steak, mixed raw nuts or seeds, vinaigrette style dressing	S Apple or banana, 2 Tbsp nut butter	D Taco Salad: ground turkey or lean beef, black beans, lettuce, tomato, avocado, salsa, etc.
	B Two egg omelet w/ bacon, asparagus, mushrooms, onions, 1/2 grapefruit or orange	L Taco salad leftovers or mixed plate w/ raw veggies, hummus, mixed nuts, hard boiled egg, whole apple	S Whole pear, string cheese, handful mixed raw nuts	D Michelle's Beef Chili (R)
WED	B Lowfat cottage cheese, diced pears or apples, pecans or walnuts, chia seeds	L Chicken Salad Wrap (R), in a wrap or on greens	S Apple or banana, 2 Tbsp nut butter	D WHATEVER YOU WANT!
	B Two egg omelet w/ bacon, asparagus, mushrooms, onions, 1/2 grapefruit or orange	L Leftovers of Chicken Salad Wrap	S Large handful mixed veggies, 2 Tbsp hummus or tzatziki, string cheese	D WHATEVER YOU WANT!
THUR	B Lowfat cottage cheese, diced pears or apples, pecans or walnuts, chia seeds	L Chicken Salad Wrap (R), in a wrap or on greens	S Apple or banana, 2 Tbsp nut butter	D WHATEVER YOU WANT!
	B Two egg omelet w/ bacon, asparagus, mushrooms, onions, 1/2 grapefruit or orange	L Leftovers of Chicken Salad Wrap	S Large handful mixed veggies, 2 Tbsp hummus or tzatziki, string cheese	D WHATEVER YOU WANT!
FRI	B Lowfat cottage cheese, diced pears or apples, pecans or walnuts, chia seeds	L Chicken Salad Wrap (R), in a wrap or on greens	S Apple or banana, 2 Tbsp nut butter	D WHATEVER YOU WANT!
	B Two egg omelet w/ bacon, asparagus, mushrooms, onions, 1/2 grapefruit or orange	L Leftovers of Chicken Salad Wrap	S Large handful mixed veggies, 2 Tbsp hummus or tzatziki, string cheese	D WHATEVER YOU WANT!
SAT	B Lowfat cottage cheese, diced pears or apples, pecans or walnuts, chia seeds	L Chicken Salad Wrap (R), in a wrap or on greens	S Apple or banana, 2 Tbsp nut butter	D WHATEVER YOU WANT!
	B Two egg omelet w/ bacon, asparagus, mushrooms, onions, 1/2 grapefruit or orange	L Leftovers of Chicken Salad Wrap	S Large handful mixed veggies, 2 Tbsp hummus or tzatziki, string cheese	D WHATEVER YOU WANT!

SUN	B WHATEVER YOU WANT!
	L Mixed green salad w/ chicken or leftover steak, mixed raw nuts or seeds, vinaigrette style dressing
	S Whole pear, string cheese, handful mixed raw nuts
	D Blackened Chicken w/ Avocado Cream Sauce (R), & Quinoa or cauliflower rice

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