

STRONG Mommas

STRONG MOMMAS MEAL PLANNER

OCTOBER

MON	B	2-3 eggs, scrambled with mushrooms, asparagus, red onion & small sprinkle parm cheese	L	Mixed berry protein shake (R)	S	Large handful mixed veggies, Greek yogurt-style dip, handful pistachios	D	Broccoli Quinoa Chicken Salad (R)
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TUES	B	Yogurt Berry Bowl (R)	L	Leftovers of Broccoli Quinoa Chicken Salad (R)	S	Whole apple, 2 Tbsp nut butter	D	Spinach & Sausage Casserole (R)
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WED	B	Leftovers Spinach & Sausage Casserole (R)	L	Mixed greens salad, chicken, steak or salmon, extra veggies, vinaigrette style dressing	S	Hard boiled egg, large handful mixed veggies, Greek yogurt-style dip	D	Egg Roll in a Bowl (R)
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THUR	B	2-3 eggs, scrambled with mushrooms, asparagus, red onion & small sprinkle parm cheese	L	Leftovers of Egg Roll in a Bowl or Mixed Berry Protein Shake (R)	S	Whole banana, 2 Tbsp nut butter	D	Turkey Meatballs with Spaghetti Squash (R)
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FRI	B	Yogurt Berry Bowl (R)	L	Mixed greens salad, chicken, steak or salmon, extra veggies, vinaigrette style dressing	S	Large handful mixed veggies, Greek yogurt-style dip, handful pistachios	D	WHATEVER YOU WANT!
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SAT	B	2-3 eggs any style, mixed veggies, whole apple	L	Mixed berry protein shake (R)	S	Hard boiled egg, large handful mixed veggies, Greek yogurt-style dip	D	WHATEVER YOU WANT!
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SUN	
B	WHATEVER YOU WANT!
L	Leftovers of anything or mixed greens salad, chicken, steak or salmon, extra veggies, vinaigrette style dressing
S	Smoothie of your choice
D	Steak with "The Best Steak Marinade" (R) and 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