



**STRONG MOMMAS
MEAL PLANNER**
SEPTEMBER

MON	B	Pumpkin Pie Oatmeal (R)	L	Cabbage Chicken Salad (R)	S	Whole Apple, 2 Tbsp nut butter	D	Creamy Baked Chicken Thighs (R) w/ Roasted Veggies (R) & Quinoa
------------	----------	-------------------------	----------	---------------------------	----------	--------------------------------	----------	---

TUES	B	Yogurt Berry Bowl (R)	L	Leftovers of Cabbage Chicken Salad	S	Hard Boiled Egg, Large handful mixed veggies, 2 Tbsp hummus	D	Crockpot Turkey Sausage & Kale Soup (R)
-------------	----------	-----------------------	----------	------------------------------------	----------	---	----------	---

WED	B	2-3 eggs any style, whole grain toast w/butter, ½ avocado, ½ grapefruit	L	Leftovers or Salad of mixed greens, chicken/steak, vinaigrette-style dressing & other veggies	S	Whole banana, 2 Tbsp nut butter	D	Turkey Meatballs w/ Spaghetti Squash (R), mixed greens side salad
------------	----------	---	----------	---	----------	---------------------------------	----------	---

THUR	B	Pumpkin Pie Oatmeal (R)	L	Smoothie of your choice	S	Hard Boiled Egg, Large handful mixed veggies, 2 Tbsp hummus	D	Coconut Chicken Strips (R), mixed green salad, Roasted Veggies (R)
-------------	----------	-------------------------	----------	-------------------------	----------	---	----------	--

FRI	B	Yogurt Berry Bowl (R)	L	Salad of mixed greens, various veggies, chicken/steak, vinaigrette-style dressing	S	Whole apple or banana, 2 Tbsp nut butter	D	WHATEVER YOU WANT!
------------	----------	-----------------------	----------	---	----------	--	----------	--------------------

SAT	B	2-3 eggs any style, whole grain toast w/butter, ½ avocado, ½ grapefruit	L	Pumpkin Smoothie (R)	S	Hard Boiled Egg, Large handful mixed veggies, 2 Tbsp hummus	D	WHATEVER YOU WANT!
------------	----------	---	----------	----------------------	----------	---	----------	--------------------

SUN	
B	WHATEVER YOU WANT!
L	Salad of mixed greens, various veggies, chicken/steak, vinaigrette-style dressing
S	Small handful mixed raw nuts or hard boiled egg, large handful mixed veggies, 2 Tbsp hummus
D	Spinach & Sausage Breakfast Casserole (R), small mixed green salad, mixed berries

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