



**STRONG MOMMAS
MEAL PLANNER**

SEPTEMBER

MON	B Two eggs any style, whole grain toast w/ butter, ½ avocado, ½ grapefruit	L Mixed greens salad, chicken or steak, extra veggies, vinaigrette style dressing	S Lowfat cottage cheese or Greek yogurt, diced pears, pecans or walnuts	D Crockpot Tuscan Chicken Stew (R)	
	TUES	B Pumpkin Smoothie (R)	L Leftovers of Tuscan Chicken Stew (R)	S Hard Boiled Egg, Large handful mixed veggies, 2 Tbsp hummus	D Fajitas with all the fixins' (R)
	WED	B Yogurt Berry Bowl (R)	L Fajita leftovers or mixed plate w/ raw veggies, hummus, mixed nuts, hardboiled egg, whole pear	S Whole banana, 2 Tbsp nut butter	D Chili Rubbed Salmon w/ avocado salsa (R)
	THUR	B Two eggs any style, whole grain toast w/ butter, ½ avocado, ½ grapefruit	L Mixed greens salad, chicken or steak, extra veggies, vinaigrette style dressing	S Lowfat cottage cheese or Greek yogurt, diced pears, pecans or walnuts	D Sweet Potato Hash (R)
FRI	B Pumpkin Smoothie (R) or smoothie of choice	L Broccoli Quinoa Chicken Salad (R)	S Hard boiled egg, large handful mixed veggies, 2 Tbsp hummus	D WHATEVER YOU WANT!	
SAT	B Two egg omelet w/ bacon, tomatoes, green onions, ½ grapefruit	L Leftover of Broccoli Quinoa Chicken Salad	S Whole banana, 2 Tbsp nut butter	D WHATEVER YOU WANT!	

SUN	
B	WHATEVER YOU WANT!
L	Mixed plate w/ raw veggies, hummus, mixed nuts, hard-boiled egg, whole pear
S	Smoothie of your choice
D	Crockpot Lentil Soup (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