

Week 9 Meal Plan

SNACKS

These are MY examples!

	BREAKFAST	LUNCH	Choose your own	DINNER
MONDAY	Avocado & egg toast	Pizza in a mug	Orange & palm full of almonds	Lasagna in a mug
TUESDAY	Avocado & egg toast	Slaw quesadilla or taco	Cheese stick & baby carrots	Chicken & pre-sauced steamer veggies
WEDNESDAY	Protein parfait	Black bean quesadilla	Celery & 2 spoons of peanut butter	Lasagna in a mug
THURSDAY	Protein parfait	Black bean quesadilla	Protein bar like RX bar, KIND protein, Quest, ect	Chicken & pre-sauced steamer veggies
FRIDAY	Monkey overnight oats	Southwest breakfast burrito or bowl	Celery & 2 spoons of peanut butter	Lasagna in a mug
SATURDAY	Monkey overnight oats	Pizza in a mug	Hummus and pretzel pack	Asian style edamame & veggies
SUNDAY	Berry overnight oats	Southwest breakfast burrito or bowl	Jerky (look for no nitrates added) with a banana	Asian style edamame & veggies