

# Week 5 Meal Plan

## SNACKS

These are MY examples!

	BREAKFAST	LUNCH	Choose your own	DINNER
MONDAY	2 no bake protein energy balls	Greek yogurt chicken salad	Apple & 2 spoons of peanut butter	Microwave mac & cheese part 1
TUESDAY	2 no bake protein energy balls	Greek yogurt chicken salad	Orange & palm full of almonds	Microwave mac & cheese part 1
WEDNESDAY	Berry or fruity overnight oats	Crunchy avocado tuna wrap	Orange & palm full of almonds	Chicken & pre-sauced steamer veggies
THURSDAY	Berry or fruity overnight oats	Crunchy avocado tuna wrap	Cheese stick & baby carrots	Chicken & pre-sauced steamer veggies
FRIDAY	Avocado & egg toast	Crunchy avocado tuna wrap	Cheese stick & baby carrots	Chicken & pre-sauced steamer veggies
SATURDAY	Avocado & egg toast	Cottage cheese crab bowl	4 slices of lunchmeat & a pickle	Microwave mac & cheese part 2
SUNDAY	2 no bake protein energy balls	Cottage cheese crab bowl	4 slices of lunchmeat & a pickle	Microwave mac & cheese part 2