

Weekly Meal plan 3/23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Shakeology	2 Eggs Ezekiel toast ¼ avocado Grapefruit	Shakeology with mixed berries and spinach	Steel cut oats with peaches	Shakeology	Egg white muffins	Whole wheat waffle Fresh fruit Pure maple syrup
AM Snack	Almonds Blueberries	Shakeology	Rice Cake with banana, peanut butter, and honey	Shakeology	Whole wheat banana muffins Grapes	Shakeology	Grapes Almonds
Lunch	Veggie burger Broccoli Air popped popcorn	Peel and eat shrimp Edamame	Buffalo chicken quinoa Broccoli	Turkey roll up Cheese Chips Carrots	Stuffed pepper	Salad with turkey, ham, ¼ avocado hard boiled egg	Turkey Roll up Cheese Cucumber Hummus
PM Snack	Quest Bar	Carrots Hummus	Sugar snap peas String cheese	Greek yogurt Apple Walnuts Cinnamon	Roasted chick peas	Orange Almonds	Shakeology
Dinner	Spinach salad Chicken Pepper & Onions Black beans	Out for Sushi	Turkey burger Green beans Whole wheat bun Cucumber salad	Zoodles with meatballs (whole wheat pasta) Mozz cheese	Salmon Brown rice Asparagus	Greek Chicken gyros	Steak Baked potato Salad

Recipes

Shakeology recipes are all found on my Pinterest board under “Shakeology”. I will be using unsweetened vanilla almond milk as a base for all of my shakes. www.pinterest.com/awiselee

Buffalo chicken quinoa: <http://www.halfbakedharvest.com/buffalo-chicken-quinoa-salad>

Zoodles: Zucchini noodles!! Try them. You will thank me. I use this to make them:
<http://www.amazon.com/Veggetti-Spiral-Vegetable-Slicer-Veggie/dp/B00IIVRB3W>

Greek chicken gyros: <http://www.cookingclassy.com/2013/09/gyros-chicken-souvlaki-tzatkiki-homemade-greek-flatbread/>