

# Week Three Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Ezekial Toast Orange 2 eggs	Shakeology with Peanut butter	Shakeology Flax seed Strawberries	Egg cups Bacon ½ red Grapefruit	Shakeology Banana Spinach Peanut butter	Steel Cut oats Peaches Coconut oil	Waffles Fruit Eggs
<b>AM Snack</b>	Shakeology Coconut Pineapple Spinach	Greek yogurt Apple Walnut	2 hard boiled eggs Ezekial Toast	Shakeology Spinach	Air popped popcorn Coconut oil Peanuts	Shakeology Cherries	Shakeology Peanut butter grapes
<b>Lunch</b>	Turkey roll up Cheese Snow Peas	Salad Avocado 1 egg Bacon ½ red Dressing	Veggie burger Pita bread Carrots	Turkey Roll up Whole wheat tortilla Cheese Lettuce Chips	Shrimp Avocado Quinoa Tomatoes Olive Oil	Veggie soup 2 hard boiled eggs Ham rollups	Turkey burger Cheese Cucumber salad
<b>PM Snack</b>	Cucumber Hummus	Edamame	Banana Peanut butter	Carrots Hummus	Turkey Roll up carrots	Quest Bar	Hummus Broccoli
<b>Dinner</b>	Chicken Brown Rice Asparagus Olive Oil	Taco Bowl Chicken Beans Pepper/onion cheese	“Pizza” with cauliflower crust Sauce, Bacon Salad Mozzarella cheese	Zoodles Ricotta 1/2red Meatball 1/2red Sauce Mozzarella cheese	Night out for Sushi	Chicken Broccoli Cheese	Pork Loin Barley Green beans Olive oil

# Recipes

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Cauliflower crust : <http://www.lisahovhealthfitness.com/main-dish/cauliflower-pizza-crust-21-day-fix-approved/>