

MEAL PLANNING WEEK 1

breakfast

lunch

dinner

snack

dessert

8
SUNDAY

9
MONDAY

10
TUESDAY

11
WEDNESDAY

12
THURSDAY

13
FRIDAY

14
SATURDAY

	breakfast	lunch	dinner	snack	dessert
8 SUNDAY					
9 MONDAY	Mocha Shakeology	Eggplant Patty Lemon Tahini Kale	Salad	Frozen Grapes	Protein PB- Brownie
10 TUESDAY	PB & Banana Shakeology	Eggplant & Kale	Buffalo Cauliflower Lettuce wrap	Grapes, Apple, Carrots	Protein Brownie
11 WEDNESDAY	Cinnamon Roll Shakeology	Buffalo Cauliflower Lettuce Wrap	Salad	Roasted Chickpeas & Sweet Potato	apple, raisin, pb lettuce wrap
12 THURSDAY	Shakeology	Lemon Tahini Budha Bowl	Curry Coconut Lentils Spinach	Carrots, Apple	apple, raisin, pb lettuce wrap
13 FRIDAY	Shakeology	White bean & avocado wheat wrap	Curry Coconut Lentils Spinach	Chips & salsa	Protein Brownie
14 SATURDAY	Shakeology	Scrambled egg & black bean lettuce wrap w/ guacomole	Salad	Banana & PB	Avocado, Date smoothie