

Weekly Meal Plan #1



BREAKFAST

LUNCH

DINNER

S	2 eggs, 2 turkey sausage, 1/2 toasted Bagel with SF Jam	6	4 Mini bell peppers, 2oz.Hillshire farms ultra thin pastrami, 2 boiled eggs, add any raw vegetables you like	2	Slow Cooker BBQ Chicken Sandwich, Side Salad	3
M	Blended Blueberry Oatmeal Bowl	4	Use Chicken from Sunday make a wrap add 1/4 avocado, add raw veggies	5+	Hot Dog Chili w/side salad	4
T	2 eggs, 2 turkey sausage, 1 apple	2	Hot Dog Chili with side salad	4	2 Enchiladas with Monday's Chicken , side salad	5
W	3 Zucchini Waffles with 2 eggs & fruit	3	Chicken Enchiladas Left overs w/side salad	5	Baked Potato w/Hot Dog Chili, side salad	4+
T	Yogurt Bowl with Granola and berries , 2 Zucchini Waffles	3+	Lazy Lady Chicken Soup	2	Chicken Enchiladas, Spanish Rice	5+
F	2 eggs, 2 turkey sausage, 1 apple	2	2 boiled eggs, baby carrots, raw mushrooms. You can add whatever raw vegetables you like	0	Order in or go out to dinner	
S	Blended Blueberry Oatmeal Bowl	4	Pepperoni Waffle Pizza	4+	Chicken Loaf w/corn & side salad	1

The recipes that are provided do not guarantee weight loss. Results May Vary



DESSERT

[Small Batch Strawberry Crumble](#)

Strawberry Crumble Cake

[2 Peanut Butter Cookies](#)

2 PB Cookies

Strawberry Crumble Cake

Probably won't need dessert if you choose to eat out

PB Cookies & Strawberry Cake



NOTES:

I've left plenty of wiggle room to account for different brands, for wine, extra snacks etc...

2 Most dinners serve 4-6 if you find you have more leftovers than you need, i.e chicken, add to your eggs for added protein.

2 I encourage you to snack on raw veggies in between meals if you find yourself hungry.

1 If you don't have chicken leftover from Sunday's dinner to make enchiladas, follow the recipe. You can also half the recipe to make 4-7 enchiladas.

1 Try not to snack after 7 p.m. night snacking will show on the scale. I realize time can be an issue, all dinners can be made ahead of time and refrigerated

2 I've got you covered for 26 meals and left you 2 meals to eat out, I don't suggest you do that the night before weigh-in. I typically use my "eat out" meals on my weigh-in day

3