

Sample Meal Plan



	M1	M2	M3	M4	M5
Mon.	Pear Quinoa Porridge	Handful of nuts & coconut flakes	Turkey Spinach Salad	Roasted veggies & hempseeds	Pork Tacos w/ sauteed greens
Tues.	Pear Quinoa Porridge	2 Cranberry Muffins w/nut butter	Black Bean Pasta & roasted veggies	Peanut Butter Cup Chia Pudding	Pork Tacos w/ sauteed greens
Wednes.	2-3 Mini Quiches Sweet Potato Toast	1/2 apple with seed butter	Black Bean Pasta & roasted veggies	Roasted veggies & avocado	Beef Stew Treat: Choc. Fudge
Thurs.	2-3 Mini Quiches Sweet Potato Toast	Goji Coconut Chia Pudding	Turkey Spinach Salad	Cinnamon Swirl Snack Smoothie	Beef Stew w/ roasted veggies
Fri.	Blueberry Dream Protein Smoothie	Roasted veggies & hempseeds	<i>Lunch with girlfriends!</i>	Fresh veggies with hummus	Chicken Sp. Pasta Treat: Mug Cake
Sat.	Pomegranate Quinoa Porridge	Beet Juice w/ Cranberry Muffin	Black Bean Pasta & roasted veggies	Lemon Cookie Snack Smoothie	<i>Party!!</i>
Sun.	Salted Caramel Protein Pancakes	1/2 apple with seed butter	Turkey Spinach Salad	Peanut Butter Cup Chia Pudding	Bison Portebello Burgers