

MMF 30-Day Meal Plan

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Prep Day (S) Banana Bread Protein Bars (C) Healthy Carbs (V) Zucchini Cakes	(B) Choose from here (S) Banana Bread Protein Bars (L) Leftover's from the week end (S) Choose from here (D) Asian Turkey Lettuce Wraps	(B) Choose from here (S) Banana Bread Protein Bars (L) Asian Turkey Lettuce Wraps (S) Choose from here (D) Walnut Chicken with Zucchini Cakes	(B) Choose from here (S) Banana Bread Protein Bars (L) Walnut Chicken with Zucchini Cakes and Brown Rice (S) Choose from here (D) Fish & Shrimp Ceviche over Brown Rice	(B) Choose from here (S) Banana Bread Protein Bars (L) Fish& Shrimp Ceviche over Brown Rice (S) Choose from here (D) Spanish Chicken, Salad & Zucchini Cakes	(B) Choose from here (S) Banana Bread Protein Bars (L) Spanish Chicken, Quinoa & Zucchini Cakes (S) Choose from here (D) Healthy Steak Crockpot Meal over brown rice	(B) Choose from here (S) Banana Bread Protein Bars (L) Healthy Steak Crockpot Meal over brown rice (S) Choose from here (D) Eat out/Order in
Prep Day (S) Cinnamon Glazed Almond Cookies (SM)Smoothie you can have for breakfast or any snack (one per day only) (C) Healthy Carbs (V) Crunchy Cucumber Salad	(B) Choose from here (S) Cinnamon Glazed Almond Cookies (L) Leftover's from the week end (S) Choose from here (D) Turkey Bowl and Cucumber Salad	(B) Choose from here (S) Cinnamon Glazed Almond Cookies (L) Turkey Bowl and Cucumber Salad (S) Choose from here (D) Sundried Tomato & Basil Chicken and Roasted Broccoli	(B) Choose from here (S) Cinnamon Glazed Almond Cookies (L) Sundried Tomato & Basil Chicken and Roasted Broccoli (S) Choose from here (D) Apricot Glazed Salmon and Crunchy Cucumber Salad	(B) Choose from here (S) Cinnamon Glazed Almond Cookies (L) Apricot Glazed Salmon and Crunchy Cucumber Salad (S) Choose from here (D) Pesto Turkey Meatballs with Roasted Broccoli and Brown rice	(B) Choose from here (S) Cinnamon Glazed Almond Cookies (L) Pesto Turkey Meatballs with Roasted Broccoli and Brown rice (S) Choose from here (D) Spinach Dip Marinara and Brown Rice Pasta	(B) Choose from here (S) Cinnamon Glazed Almond Cookies (L) Spinach Dip Marinara and Brown Rice Pasta (S) Choose from here (D) Eat out/Order in
Prep Day (S) Fudgy Chocolate Protein Muffins (SM)Smoothie you can have f or breakfast or any snack (one per day only) (C) Healthy Carbs (V) Artichoke Salad	(B) Choose from here (S) Fudgy Chocolate Protein Muffins (L) Leftover's from weekend (S) Choose from here (D) Greens Fried Rice with Grilled/Baked Chicken, Roasted Asparagus	(B) Choose from here (S) Fudgy Chocolate Protein Muffins (L) Greens Fried Rice with Grilled/Baked Chicken, Roasted Asparagus (S) Choose from here (D) White Fish with Sweet Mustard Sauce & Artichoke Salad	(B) Choose from here (S) Fudgy Chocolate Protein Muffins (L) White Fish with Sweet Mustard Sauce & Artichoke Salad (S) Choose from here (D) Turkey Spinach Meatballs with Brown Rice Pasta	(B) Choose from here (S) Fudgy Chocolate Protein Muffins (L) Turkey Spinach Meatballs with Brown Rice Pasta (S) Choose from here (D) Chicken & Brown Rice Casserole	(B) Choose from here (S) Fudgy Chocolate Protein Muffins (L) Chicken& Brown Rice Casserole (S) Choose from here (D) Grilled Lean Steak and Tomato & Herb Rice Salad	(B) Choose from here (S) Fudgy Chocolate Protein Muffins (L) Grilled Lean Steak and Tomato & Herb Rice Salad (S) Choose from here (D) Eat out/Order in
Prep Day (S) Crunchy Nutty Bombs (SM)Smoothie you can have f or breakfast or any snack (one per day only) (C) Healthy Carbs (V) Your Favorite Grilled or Baked Veggies	(B) Choose from here (S) Crunchy Nutty Bombs (L) LeftOver's from weekend (S) Choose from here: http (D) Grilled/Baked Chicken with Tex-Mex Rice & Veggies	(B) Choose from here (S) Crunchy Nutty Bombs (L) Grilled/Baked Chicken with Tex-Mex Rice & Veggies (S) Choose from here (D) Turkey Chili, Brown Rice& Veggies	(B) Choose from here (S) Crunchy Nutty Bombs (L) Turkey Chili, Brown Rice & Veggies (S) Choose from here (D) Orange Chicken, Brown Rice& Veggies	(B) Choose from here (S) Crunchy Nutty Bombs (L) Orange Chicken, Brown Rice & Veggies (S) Choose from here (D) Grilled/Baked Shrimp and Guacamole Quinoa	(B) Choose from here (S) Crunchy Nutty Bombs (L) Grilled/Baked Shrimp and Guacamole Quinoa (S) Choose from here (D) Guilt-Free Pasta	(B) Choose from here (S) Crunchy Nutty Bombs (L) Guilt-Free Pasta (S) Choose from here (D) Eat out/Order in

How To Use This Calendar:

1. Click on link for each recipe
2. For Side Dishes: Make weekly (V): Vegetables & (C): Healthy Carbs and choose one or both. Can vary if wanted & may omit carbs.
3. Make extra servings for every dinner and eat that as leftover the following day
4. 1st (S): Snack of the day make on Sundays and eat the whole week
5. 2nd (S): Snack of the day, choose from options in link
6. (B): Breakfast, choose from the options in link

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