

MEAL PLANNING IN A SNAP

FOR SUPER STREAMLINED MEAL PLANNING: CHOSE 2-3 BREAKFAST, LUNCHES & SNACKS AND ROTATE THROUGHOUT THE WEEK. CHOOSE A MAXIMUM OF 4 DINNERS AND MAKE 2 OF THOSE DO DOUBLE DUTY. (MOST MY MEALS ARE SIMPLE AND DO NOT REQUIRE A RECIPE!)

MENU FOR JUNE 15, 2015

BREAKFASTS

CHOCOLATE MOCHA SHAKEOLOGY
STEEL CUT OATS WITH BERRIES & PECANS
SCRAMBLED EGGS, AVOCADO & TOMATOES

LUNCHES

GREEK SALAD WITH PROTEIN
AMY'S FROZEN ORGANIC MEAL
TURKEY WRAP WITH BACON & VEGGIES

SNACKS

GREEN SMOOTHIE (SPINACH, BERRIES, ALMOND MILK, BANANA)
QUEST BAR (WHITE CHOCOLATE OR COOKIE DOUGH
TOASTED CORN TORTILLAS WITH PICO DE GALLO
GREEK YOGURT PARFAIT WITH BERRIES

DINNERS

STEAK, GRILLED CORN, GREEN SALAD
CROCKPOT GARLIC & LEMON CHICKEN
CHICKEN SALAD WITH PECANS & GRAPES
PAN SEARED COD, ROASTED SWEET POTATOES
JACQUI'S FAVORITE FISH TACOS

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