

# 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.

## MENU FOR JUNE 22, 2015

Recipes on [WeighToMaintain.com](http://WeighToMaintain.com)



### BREAKFASTS

CARROT CAKE SHAKEOLOGY  
EASY PROTEIN PANCAKES  
AVOCADO TOAST WITH SUNNY-SIDE UP EGG

### LUNCHES

BAKED POTATO WITH BROCCOLI, CHEDDAR & GREEK YOGURT  
CHICKEN SAUSAGE, QUINOA AND APPLE  
PACIFIC BUTTERNUT SQUASH BISQUE & TUNA LETTUCE WRAP

### SNACKS

BANANA CINNAMON "MILKSHAKE"  
QUEST BAR (S'MORES OR DOUBLE CHOCOLATE CHUNK)  
HARD BOILED EGGS & BERRIES  
HUMMUS AND VEGGIES (CARROTS, BELL PEPPERS)

### DINNERS

GLUTEN FREE BEEF STEW  
PALEO TURKEY BACON MEATBALLS, SPAGHETTI SQUASH  
MEATBALL "SUBS", MEXICAN CHOPPED SALAD  
THAI GRILLED CHICKEN, VEGGIE PACKET (POTATOES, MUSHROOMS)  
LEFTOVER CHICKEN, RICE, MEXICAN CHOPPED SALAD

FOR MORE MEAL PLANNING HELP  
VISIT [WEIGH TO MAINTAIN.COM](http://WEIGH TO MAINTAIN.COM)

