

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 29, 2015

Recipes on WeighToMaintain.com

BREAKFASTS

NEAPOLITAN SHAKE WITH FRESH STRAWBERRIES
BAKED OATMEAL CUPS WITH BERRIES & BANANAS
VANILLA YOGURT BOWL

LUNCHES

BREAKFAST SALAD WITH BACON & AVOCADO
AMY'S FROZEN ORGANIC MEAL
STEEL CUT OATS WITH EGG & PARMESAN

SNACKS

QUEST BAR
RED, WHITE & BLUEBERRY COCONUT BARK
HARD-BOILED EGGS & VEGGIES

DINNERS

GARLIC BASIL SHRIMP & ZUCCHINI NOODLES; SERVED WITH
BLUE CHEESE, PEAR & SPINACH SALAD IN A JAR
PORTOBELLO BURGERS, GRILLED ROMAINE & WALNUTS
MARGARITA CHICKEN; BLUE CHEESE, PEAR & SPINACH SALAD
CHICKEN SPINACH WRAP, WITH VANILLA YOGURT BOWL

FOR MORE MEAL PLANNING HELP
VISIT WEIGH TO MAINTAIN.COM

