Girls Meal Plan Guidelines

~2000 calories/day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast: 8:00am	**Breakfast: 8:00am**	**Breakfast: 8:00am**	**Breakfast: 8:00am**	**Breakfast: 8:00am**	**Breakfast: 8:00am**	**Breakfast: 8:00am**
1 cup Plain Greek Yogurt 1 cup Blueberries 1/4 cup Steel Cut Oatmeal 1/2 cup Egg Whites 1/4 cup Reduced Fat Cheese	1 cup Plain Greek Yogurt 1 cup Blueberries 1/4 cup Steel Cut Oatmeal 1/2 cup Egg Whites 1/4 cup Reduced Fat Cheese	1 cup Plain Greek Yogurt 1 cup Blueberries 1/4 cup Steel Cut Oatmeal 1/2 cup Egg Whites 1/4 cup Reduced Fat Cheese	1 cup Plain Greek Yogurt 1 cup Blueberries 1/4 cup Steel Cut Oatmeal 1/2 cup Egg Whites 1/4 cup Reduced Fat Cheese	1 cup Plain Greek Yogurt 1 cup Blueberries 1/4 cup Steel Cut Oatmeal 1/2 cup Egg Whites 1/4 cup Reduced Fat Cheese	1 cup Plain Greek Yogurt 1 cup Blueberries 1/4 cup Steel Cut Oatmeal 1/2 cup Egg Whites 1/4 cup Reduced Fat Cheese	1 cup Plain Greek Yogurt 1 cup Blueberries 1/4 cup Steel Cut Oatmeal 1/2 cup Egg Whites 1/4 cup Reduced Fat Cheese
Snack: 11:00am	**Snack: 11:00am**	**Snack: 11:00am**	**Snack: 11:00am**	**Snack: 11:00am**	**Snack: 11:00am**	**Snack: 11:00am**
2 scoops Protein Powder 1 TBSP Isagreens	2 scoops Protein Powder 1 TBSP Isagreens	2 scoops Protein Powder 1 TBSP Isagreens	2 scoops Protein Powder 1 TBSP Isagreens	2 scoops Protein Powder 1 TBSP Isagreens	2 scoops Protein Powder 1 TBSP Isagreens	2 scoops Protein Powder 1 TBSP Isagreens
Lunch: 1:00pm	**Lunch: 1:00pm**	**Lunch: 1:00pm**	**Lunch: 1:00pm**	**Lunch: 1:00pm**	**Lunch: 1:00pm**	**Lunch: 1:00pm**
Asian Salmon with Rice and Veggies (see recipe)	Southwest Turkey Wrap (see recipe)	Santa Maria Chicken (see recipe) 4 ounces Sweet Potato 2 TSP Brown Sugar 3 ounces Vegetables	Slow Cooker Spicy Chuck Roast (see recipe)	Slow Cooker Spicy Chuck Roast (see recipe) 3 leaves Lettuce 3 ounces Tomato Multigrain Wrap 1/2 Avocado 2 TBSP Sour Cream 1 ounce Salsa	4 ounces Chicken Breast Multigrain Wrap 1/4 Avocado 2 TBSP Salsa 2 TBSP Sour Cream	Gravy Chicken Dinner (see recipe)
Snack: 4:00pm	**Snack: 4:00pm**	**Snack: 4:00pm**	**Snack: 4:00pm**	**Snack: 4:00pm**	**Snack: 4:00pm**	**Snack: 4:00pm**
2 scoops Protein Powder 2 TBSP Adam's Peanut Butter 1/2 Banana	2 scoops Protein Powder 2 TBSP Adam's Peanut Butter	2 scoops Protein Powder 2 TBSP Adam's Peanut Butter	2 scoops Protein Powder 2 TBSP Adam's Peanut Butter 1/2 Banana	2 scoops Protein Powder 2 TBSP Adam's Peanut Butter 1/2 Banana	2 scoops Protein Powder 2 TBSP Adam's Peanut Butter	2 scoops Protein Powder 2 TBSP Adam's Peanut Butter
Dinner: 6:00pm	**Dinner: 6:00pm**	**Dinner: 6:00pm**	**Dinner: 6:00pm**	**Dinner: 6:00pm**	**Dinner: 6:00pm**	**Dinner: 6:00pm**
Santa Maria Chicken (see recipe) 1 cup Green Vegetables	Santa Maria Chicken (see recipe) 2 cups Lettuce 2 TBSP Caesar Dressing	Slow Cooker Spicy Chuck Roast (see recipe)	Asian Salmon with Rice and Veggies (see recipe)	4 ounces Chicken Breast Asparagus	Gravy Chicken Dinner (see recipe)	6 ounces Salmon 2 TBSP Soy Sauce 1 cup Green Veggies
Snack: 9:00pm	**Snack: 9:00pm**	**Snack: 9:00pm**	**Snack: 9:00pm**	**Snack: 9:00pm**	**Snack: 9:00pm**	**Snack: 9:00pm**
Omelette (see recipe)	Omelette (see recipe)	Omelette (see recipe)	Omelette (see recipe)	Omelette (see recipe)	Omelette (see recipe)	Omelette (see recipe)