

“Commit to the Lord whatever you do, and He will establish your plans.” -Proverbs 16:3

	Breakfast	AM Snack	Lunch	PM Snack	Dinner	Exercise
S PREP DAY!	Berry Delicious High Protein Smoothie	1 Protein Bar (5g sugar or less)	FREE MEAL/Clean out your fridge! Fix a large salad with leftovers. Prep: salads, wash/chop fruit & veggies	High Protein Trail Mix (fix snack bags for the week 1/4 cup each!), 1 cutie 1 cup green tea with lemon	Grilled Chicken with Strawberry Feta Salsa with small side salad (grill extra chicken for lunch salads!)	Rest Day! Or 30 minutes Yoga
M	2 eggs fixed how you wish! 1/2 avocado 1/2 cup berries	1 small piece of fruit 1/4 cup walnuts	Avocado Strawberry Spinach Salad with 2 Tbsp. Strawberry Vinaigrette Dressing	1 cup sliced veggies 2 Tbsp. hummus or salsa 1 cup green tea with lemon	Crockpot Dinner! Brown Sugar Balsamic Glazed Pork Tenderloin with Roasted Carrots, Beets & Red Onion	Strength Training 55 minutes
T	Chia Coconut Oatmeal	1 hard-boiled egg 1 cutie	Leftover Pork Tenderloin served over bed of greens OR Super Green Smoothie	1 small apple Tbsp. nut butter 1 cup green tea with lemon	Turkey Burgers (WW bun for family, lettuce wrap for you!), Roasted Chopped Sweet Potatoes, cup steamed broccoli	Steady Cardio 60 minutes
W	Super Green Smoothie	1 Protein Bar	Avocado Strawberry Spinach Salad with 2 Tbsp. Strawberry Vinaigrette Dressing	1/4 cup Trail Mix 1 cutie 1 cup green tea with lemon	FREE MEAL or LEFTOVERS	Body Weight Workout 55 minutes
T	Chia Coconut Oatmeal	1 hard-boiled egg 1 cutie	FREE MEAL Practice making wise choices!	1 cup sliced veggies 2 Tbsp. hummus or salsa 1 cup green tea with lemon	Broiled Salmon with Marmalade-Dijon Glaze 1 cup Roasted Brussels Sprouts, 1/2 sweet potato	Cardio Intervals 60 minutes
F	Berry Delicious High Protein Smoothie	1 Protein Bar	Avocado Strawberry Spinach Salad or Leftover Salmon over a bed of greens	1 small apple Tbsp. nut butter 1 cup green tea with lemon	FREE MEAL or DATE NIGHT Choose lean protein, green veggies!	Strength Training 55 minutes
S	2 eggs fixed how you wish! 1/2 avocado 1/2 cup berries	1 small piece of fruit 1/4 cup walnuts	Super Green Smoothie	1/4 cup Trail Mix 1 cutie 1 cup green tea with lemon	Fire up the grill! 1 small lean steak, cup Roasted Green Beans, side salad	Power Walk or Run 3-4 miles or 45 minutes

GOALS: 1. 80 ounces water a day!

2. Exercise each day!

3. Positive self talk!