

# Meal Planning By Week



Dates: 1/29 - 2/4

Day	Breakfast	Lunch	Dinner	Snack(s)	
Sunday	leftover veggie scramble ham, and toast	chicken salad	tri tip, butternut squash, sweet potato	casein pudding apple with peanut butter	
Monday	Breakfast bake - sausage, feta, spinach	BBQ chicken thighs, white rice, broccoli	Ground turkey burrito	oh yeah one bar, protein shake almond milk latte (med)	
Tuesday		Ground turkey burrito bowl, zucchini, carrots	Tri tip, butternut squash, sweet potato	pumpkin muffins (2) yogurt almond milk latte (med) + pom-see 90 cal beef jerky pack	
Wednesday		BBQ chicken thighs, white rice, broccoli	Ground turkey burrito	oh yeah one bar, protein shake almond milk latte (med)	
Thursday		Ground turkey burrito bowl, zucchini, carrots	Tri tip, butternut squash, sweet potato	pumpkin muffins (2) yogurt + almond milk latte (med) pom seeds 90 cal beef jerky	
Friday	▽	▽	BBQ chicken thighs white rice, broccoli	Ground turkey burrito	oh yeah one bar, protein shake almond milk latte
Saturday	Kodiak cake waffles w/ peanut butter	Ground turkey burrito	EAT OUT	pumpkin muffins (2) protein shake	

## Grocery List

<b>Breakfasts</b> <ul style="list-style-type: none"> <li>• hash browns</li> <li>• Aidan's sausage</li> <li>• feta cheese</li> <li>• spinach</li> <li>•</li> </ul>	<b>Lunches</b> <ul style="list-style-type: none"> <li>• chicken thighs</li> <li>• ground turkey</li> <li>• broccoli, zucchini</li> <li>• carrots</li> <li>• lettuce, tomatoes</li> </ul>	<b>Dinners</b> <ul style="list-style-type: none"> <li>• tri-tip</li> <li>• butternut squash</li> <li>• sweet potato</li> <li>• tortillas</li> <li>•</li> </ul>	<b>Snacks</b> <ul style="list-style-type: none"> <li>• greek yogurt</li> <li>• pomegranate seeds</li> <li>• beef jerky</li> <li>• apple</li> <li>• pumpkin puree</li> </ul>
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# Macro Breakdown



Dates: *Tuesday, Thursday*

	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Total/day	1,800	135	180	60

	Breakfast	Lunch	Dinner	Snacks	TOTAL (g)
Protein (g)	19	30	30	49	128
Carbs (g)	23	44	30	86	183
Fat (g)	18	10	7	14	49

## Notes

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