

WEEKLY MEAL PLANNER

WEEKDAY	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Eggs & Okra Cooked in Coconut Oil with Coffee & a swirl of Half & Half (S)	Baked fish & roasted veggies or salad (S)	Spaghetti Squash Spaghetti Bake/ a side salad with Catalina Dressing (S)	Whey Protein Shake/Cucumbers & Salsa (FP)
TUESDAY	Oatmeal & berries, coffee with NutPods (E)	Boiled Egg Salad with Vinaigrette Dressing (S)	Chicken & Brown Rice Soup loaded with veggies (E)	Whey Protein Shake/Gluccie Pudding pg. 351 (FP)
WEDNESDAY	Egg White Omelette with Salsa, Coffee with Nut Pods (FP)	Waldorph Chicken Salad pg. /Leftover Chicken Soup (E)	Stew loaded with veggies/side salad (S)	Deli Roll/Cucumbers & Salsa (FP)
THURSDAY	Oatmeal & berries, coffee with NutPods (E)	Grassfed beef patties with mushrooms and onions on spinach (S)	Grilled Chicken Breasts with roasted sweet potato/veggies (E)	Whey Protein Shake/Trimmy Light pg. 430 (FP)
FRIDAY	Eggs & Okra Cooked in Coconut Oil with Coffee & a swirl of Half & Half (S)	Leftover Chicken Soup/Waldorph Salad (E)	Chili loaded with zucchini (S)	Trimmy Light pg. 430/Gluccie Pudding pg. 351(FP)
SATURDAY	Eggs & Bacon, Coffee with a swirl of half & half (S)	Turkey Sandwiches (E)	Pizza & Big Salad (S)	Cucumbers & Salsa/Trimmy Light pg. 430 (FP)
SUNDAY	Whey Protein Shake, Coffee with NutPods (FP)	Crockpot Tacos/Taco Salad (S)	Cowboy Grub pg. 59 (E)	Big Boy Smoothie pg. 414 (FP)