





BREAKFAST

Peanut Butter Banana Smoothie

- 1 c. ice, or more or less to taste
- 8-10 oz unsweetened original almond milk
- 4 T. natural peanut butter
- 1/2 banana
- 1 cup spinach or kale (fresh or frozen)
- 2 Tbsp egg white powder

Place all ingredients in a blender; blend and enjoy.

SNACK (OPTIONAL)

- 1/2 cucumber, sliced
- 1/4 cup hummus

LUNCH

BLT Lettuce Wraps with cheese and nuts

- BLT Lettuce Wraps (CLICK FOR RECIPE)
- 1 oz. cheese cubes (such as cheddar)
- 1 oz. nuts (such as almonds)

SNACK (OPTIONAL)

- 1 cup full fat yogurt (greek or plain)
- blueberries (a dozen or so)
- 1 tsp honey

DINNER

Simple Orange Salmon with Green Beans (optional cauliflower rice)

- Simple Orange Salmon (CLICK FOR RECIPE). NOTE: This recipe includes brown rice which does not go with this plan. Use only the salmon and green beans for this meal plan. You may add cauliflower rice in place of the brown rice if you desire.
 - Here is a recipe for cauliflower rice (CLICK HERE).





BREAKFAST

Sausage Breakfast Peppers

Sausage Breakfast Peppers (CLICK FOR RECIPE)

This is breakfast tomorrow as well, so save your leftovers.

SNACK (OPTIONAL)

- 1 apple
- 2 T. natural peanut butter

LUNCH

Caprese Chicken Salad

• Caprese Chicken Salad (CLICK FOR RECIPE)

SNACK (OPTIONAL)

- 1 cup carrots
- 2 T. hummus

DINNER

Spaghetti Squash Pizza Boats

Spaghetti Squash Pizza Boats (CLICK FOR RECIPE).







BREAKFAST

Sausage Breakfast Peppers

• Leftover Sausage Breakfast Peppers

SNACK (OPTIONAL)

- Celery Stalks
- 2 T. natural peanut butter

LUNCH

Salad with Creamy Garlic Dressing

- Romaine lettuce
- tomatoes
- avocado
- carrots (shredded)
- cucumbers
- toasted pepitas
- Creamy Garlic Dressing (CLICK FOR RECIPE)

SNACK (OPTIONAL)

- 2 hard-boiled eggs
- 1/2 cup blueberries

DINNER

Chicken Cauliflower Fried Rice

• Chicken Cauliflower Fried Rice (CLICK FOR RECIPE).





BREAKFAST

Taco Quiche

• Taco Quiche (CLICK FOR RECIPE)

This is breakfast on day 6 as well, so save your leftovers.

SNACK (OPTIONAL)

- 1 apple
- 2 T. natural peanut butter

LUNCH

Turkey Club Lettuce Wraps

• Turkey Club Lettuce Wraps (CLICK FOR RECIPE)

SNACK (OPTIONAL)

- 1 cup cottage cheese
- 5-6 fresh tomato slices or wedges

DINNER

Grilled Steak, Asparagus, Sweet Potatoes

 Grilled Steak, Asparagus, Sweet Potatoes (CLICK FOR RECIPE).

HINT: Grill an extra steak for Cobb Salad on day 6.





BREAKFAST

Eggs, Cottage Cheese, Tomatoes

- 3 eggs, cooked to order
- 1 cup cottage cheese
- 5-6 fresh tomato slices or wedges

SNACK (OPTIONAL)

- 1/2 cucumber, sliced
- 1/4 cup hummus

LUNCH

Salad with Creamy Garlic Dressing

- Romaine lettuce
- tomatoes
- avocado
- carrots (shredded)
- cucumbers
- toasted pepitas
- Creamy Garlic Dressing (CLICK FOR RECIPE)

SNACK (OPTIONAL)

- 1 cup full fat yogurt (greek or plain)
- blueberries (a dozen or so)
- 1 tsp honey

DINNER

Grilled Whole Chicken and Vegetables

 Grilled Whole Chicken and Vegetables (CLICK FOR RECIPE).





BREAKFAST

Taco Quiche

• Leftover Taco Quiche

SNACK (OPTIONAL)

- 1 apple
- 1 cheese stick

LUNCH

Steak Cobb Salad

• Steak Cobb Salad (CLICK FOR RECIPE)

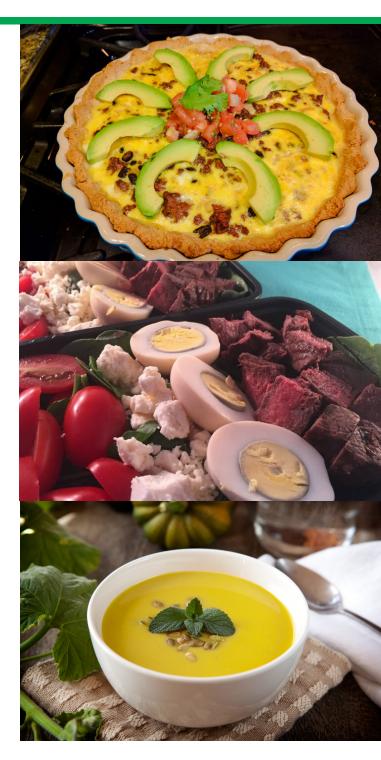
SNACK (OPTIONAL)

- 2 hard-boiled eggs
- 1/2 cup blueberries

DINNER

Acorn Squash and Sausage Soup

- Acorn Squash and Sausage Soup (CLICK FOR RECIPE).
- This will be lunch for tomorrow, so save your leftovers.





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- 2 Tbsp egg white powder

Place all ingredients in a blender; blend and enjoy.

SNACK (OPTIONAL)

- 1/2 cucumber, sliced
- 1/4 cup hummus

LUNCH

Acorn Squash and Sausage Soup

• Leftover Acorn Squash and Sausage Soup

SNACK (OPTIONAL)

- 1 cup full fat yogurt (greek or plain)
- 1/2 cup strawberries
- 1 tsp honey

DINNER

Asian Salmon Kebabs, Cauliflower Rice

- Asian Salmon Kebabs (CLICK FOR RECIPE).
- Cauliflower rice (CLICK HERE).

