

# SUMMER SWEAT series

## Meal Plan | Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
breakfast	<a href="#">3 Ingredient Banana Pancakes</a> 350 calories	<a href="#">Oatmeal Blueberry Yogurt Pancakes</a> Enjoy 2 pancakes w/1 tablespoon nut butter; refrigerate extra pancakes for tomorrow's breakfast! 300 calories	<a href="#">Oatmeal Blueberry Yogurt Pancakes</a> Reheat pancake in the microwave and enjoy with 1 tablespoon nut butter 300 calories	<a href="#">Peanut Lovers Green Smoothie</a> 330 calories	<a href="#">Superfood Power Protein Smoothie</a> 430 calories	<a href="#">Vegan Almond Butter Banana Oatmeal Smoothie</a> 280 calories		
lunch	<a href="#">Kale, Edmame and Quinoa Salad</a> If you don't care for edamame, try subbing black beans! 400 calories	<a href="#">Tuscan Chicken Quinoa Bake</a> 500 calories	<a href="#">Kale, Edmame and Quinoa Salad</a> If you don't care for edamame, try subbing black beans! 400 calories	<a href="#">Tuscan Chicken Quinoa Bake</a> 500 calories	<a href="#">Chicken Chopped Salad with Homemade Honey Mustard</a> 460 calories	<a href="#">Chicken Chopped Salad with Homemade Honey Mustard</a> 460 calories		
snack	<a href="#">Flourless Chocolate Chip Chickpea Blondies</a> 120 calories	<a href="#">Healthy Strawberry Chia Protein Shake</a> Feel free to use any berries you have on hand! Adding a handful of spinach is great too. 195 calories	<a href="#">Oil Free Chocolate Zucchini Muffins</a> Spread with 1 tablespoon of nut butter 355 calories	<a href="#">Healthy Peanut Butter Brownie Balls</a> Enjoy 2 balls 150 calories	1 container your favorite greek yogurt Aim for a low sugar greek yogurt with no more than 10g; siggi's is great! 120 calories	Enjoy 1 cup strawberries and 1/4 cup almonds 200 calories		Take the day off and enjoy the 4th of July!
dinner	<a href="#">Tuscan Chicken Quinoa Bake</a> 500 calories	<a href="#">Kale, Edmame and Quinoa Salad</a> If you don't care for edamame, try subbing black beans! 400 calories	<a href="#">Tuscan Chicken Quinoa Bake</a> 500 calories	<a href="#">Kale, Edmame and Quinoa Salad</a> If you don't care for edamame, try subbing black beans! 400 calories	<a href="#">New Mexican Green Chile Black Bean Burgers</a> Serve on a whole grain or GF bun with homemade baked sweet potato fries! Freeze 2 of the patties for next week 500 calories	<a href="#">New Mexican Green Chile Black Bean Burgers</a> Serve on a whole grain or GF bun with homemade baked sweet potato fries! 500 calories		
dessert	<a href="#">Healthy Peanut Butter Cup Smoothie</a> Divide smoothie recipe ingredients in half before making (you only need 1 serving!) 215 calories	<a href="#">1 Healthy Peanut Butter Buckeye</a> add 1/2 banana leftover from breakfast 200 calories	<a href="#">Single Serve Peanut Butter Muffin</a> 265 calories	<a href="#">Flourless Chocolate Chip Chickpea Blondies</a> Thaw out 1 blondie or reheat in the microwave 120 calories	<a href="#">1 Healthy Peanut Butter Buckeye</a> 155 calories	<a href="#">1/2 batch of Flourless Peanut Oatmeal Chocolate Chip Cookies</a> Make a half batch of the cookies (just divide all ingredients in half) and enjoy 150 calories		
calories	1,585 calories	1,695 calories	1,755 calories	1,795 calories	1,665 calories	1,705 calories		