

SUMMER SWEAT series

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
breakfast	<p>Oil Free Chocolate Zucchini Muffins</p> <p>Have with 1 cup of greek yogurt and an apple or orange. Freeze half (6) of the muffins.</p> <p>355 calories</p>	<p>PB & J Overnight Oats</p> <p>Makes 2 servings, so you can have it for breakfast again tomorrow</p> <p>340 calories</p>	<p>PB & J Overnight Oats</p> <p>340 calories</p>	<p>Wild Blueberry Banana Spinach Power Smoothie</p> <p>Add a scoop of protein powder.</p> <p>280 calories</p>	<p>Oil Free Chocolate Zucchini Muffins</p> <p>Have with 1 cup of greek yogurt and an apple or orange. Freeze half (6) of the muffins.</p> <p>355 calories</p>	<p>No Bake Cashew Coconut Granola Bars</p> <p>Freeze half of the granola bars for later (you'll have 8 left for snacking)</p> <p>200 calories</p>	<p>Oatmeal Cottage Cheese Banana Pancakes</p> <p>Serve with 1 tablespoon nut butter</p> <p>390 calories</p>
lunch	<p>Easy Superfood Burrito</p> <p>Make sure to make a burrito big enough to fill you up! Serve with greek yogurt and a side salad or veggies.</p> <p>320-380 Calories</p>	<p>Thai Quinoa Salad</p> <p>Add a protein of choice such as 4 oz cooked chicken breast or 1/2 cup chickpeas.</p> <p>380 calories</p>	<p>Thai Quinoa Salad</p> <p>Add a protein of choice such as 4 oz cooked chicken breast or 1/2 cup chickpeas.</p> <p>380 calories</p>	<p>Clean Eating Kung Pao Chicken</p> <p>Serve with 1 cup cooked quinoa or brown rice</p> <p>600 calories</p>	<p>Thai Quinoa Salad</p> <p>Add a protein of choice such as 4 oz cooked chicken breast or 1/2 cup chickpeas.</p> <p>380 calories</p>	<p>Greek Chopped Chickpea Salad</p> <p>Serve with 4 oz chicken breast</p> <p>380 calories</p>	<p>Greek Chopped Chickpea Salad</p> <p>Serve with 4 oz chicken breast</p> <p>380 calories</p>
snack	<p>Blueberry Flax Superfood Smoothie</p> <p>Add a scoop of protein powder or another 1/2 cup of greek yogurt</p> <p>340 calories</p>	<p>Oil Free Chocolate Zucchini Muffins</p> <p>Spread with 1 tablespoon of nut butter</p> <p>355 calories</p>	<p>1/4 cup almonds + 1 cup of berries</p> <p>220 calories</p>	<p>Oil Free Chocolate Zucchini Muffins</p> <p>Spread with 1 tablespoon of nut butter</p> <p>355 calories</p>	<p>No Bake Cashew Coconut Granola Bars</p> <p>Freeze half of the granola bars for later (you'll have 8 left for snacking)</p> <p>200 calories</p>	<p>Oil Free Chocolate Zucchini Muffins</p> <p>Spread with 1 tablespoon of nut butter</p> <p>355 calories</p>	<p>Oil Free Chocolate Zucchini Muffins</p> <p>155 calories</p>
dinner	<p>Thai Quinoa Salad</p> <p>Divide into 6 servings. Add a protein of choice such as 4 oz cooked chicken breast or 1/2 cup chickpeas.</p> <p>380 calories</p>	<p>Clean Eating Kung Pao Chicken</p> <p>Serve with 1 cup cooked quinoa or brown rice</p> <p>600 calories</p>	<p>Clean Eating Kung Pao Chicken</p> <p>Serve with 1 cup cooked quinoa or brown rice</p> <p>600 calories</p>	<p>Thai Quinoa Salad</p> <p>Add a protein of choice such as 4 oz cooked chicken breast or 1/2 cup chickpeas.</p> <p>380 calories</p>	<p>Clean Eating Kung Pao Chicken</p> <p>Serve with 1 cup cooked quinoa or brown rice</p> <p>600 calories</p>	<p>Thai Quinoa Salad</p> <p>Add a protein of choice such as 4 oz cooked chicken breast or 1/2 cup chickpeas.</p> <p>380 calories</p>	<p>PF Chang's Chicken Lettuce Wraps</p> <p>Can also use ground turkey instead of ground chicken. Serve with a baked sweet potato and a tablespoon of nut butter</p> <p>500 calories</p>
dessert	<p>Banana Nut Butter 'Sushi'</p> <p>Banana + 1 tablespoon of almond butter and chia seeds</p> <p>250 calories</p>	<p>1 tablespoon dark chocolate chips + 1 cup strawberries</p> <p>130 calories</p>	<p>Peanut Butter Banana Chocolate Chip 'Ice Cream'</p> <p>Divide recipe in half so you have dessert for tomorrow</p> <p>300 calories</p>	<p>Peanut Butter Banana Chocolate Chip 'Ice Cream'</p> <p>Divide recipe in half so you have dessert for tomorrow</p> <p>300 calories</p>	<p>1/2 recipe for Healthy Peanut Butter Yogurt Dip</p> <p>Enjoy 1/2 of dip with 1 small apple (you'll enjoy the rest tomorrow)</p> <p>260 calories</p>	<p>1/2 recipe for Healthy Peanut Butter Yogurt Dip</p> <p>Enjoy 1/2 of dip with 1 small apple (you'll enjoy the rest tomorrow)</p> <p>260 calories</p>	<p>1/2 of the Recipe for Healthy Protein Buckeyes</p> <p>Enjoy 1 Buckeye</p> <p>155 calories</p>
calories	1510 calories	1565 calories	1,755 calories	1,795 calories	1,665 calories	1,705 calories	1600 calories

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