

SUMMER
SWEAT
series

Meal Plan | Week 5

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
breakfast	Banana Berry Baked Oatmeal Makes 6 servings for breakfast the rest of the week. Divide and place into individual containers. 340 calories	Banana Berry Baked Oatmeal 340 calories	Banana Berry Baked Oatmeal 340 calories	Banana Berry Baked Oatmeal 340 calories	Banana Berry Baked Oatmeal 340 calories	Banana Berry Baked Oatmeal 340 calories	Protein Waffles Serve with 1 tablespoon nut butter and 1/2 cup blueberries. 420 calories
lunch	Chicken Cobb Salad Do not make dressing that's listed on recipe; instead use a low calorie store-bought dressing (under 100 calories per two tablespoons). 400 calories	Chicken Cobb Salad Do not make dressing that's listed on recipe; instead use a low calorie store-bought dressing (under 100 calories per two tablespoons). 400 calories	Chicken Cobb Salad Do not make dressing that's listed on recipe; instead use a low calorie store-bought dressing (under 100 calories per two tablespoons). 400 calories	Chicken Cobb Salad Do not make dressing that's listed on recipe; instead use a low calorie store-bought dressing (under 100 calories per two tablespoons). 400 calories	Super Tasty Asian Salmon Serve with 1 cup steamed broccoli and 1 cup cooked quinoa 470 calories	Sriracha Chicken Salad 650 calories	Sriracha Chicken Salad 650 calories
snack	No Bake Cashew Coconut Granola Bars Thaw out 1 granola bar from freezer 200 calories	Oil Free Chocolate Zucchini Muffins Spread with 1 tablespoon of nut butter 255 calories	No Bake Cashew Coconut Granola Bars Enjoy with 1 apple 280 calories	Flourless Chocolate Chip Chickpea Blondies Enjoy with 1 apple 200 calories	Flourless Chocolate Chip Chickpea Blondies Thaw out 1 blondie or reheat in the microwave 120 calories	Oil Free Chocolate Zucchini Muffins Spread with 1 tablespoon of nut butter 255 calories	Oil Free Chocolate Zucchini Muffins Spread with 1 tablespoon of nut butter 255 calories
dinner	Baked Turkey Parmesan Meatballs with Rigatoni 520 calories	Baked Turkey Parmesan 520 calories	Super Tasty Asian Salmon Serve with 1 cup steamed broccoli and 1 cup cooked quinoa 470 calories	Super Tasty Asian Salmon Serve with 1 cup steamed broccoli and 1 cup cooked quinoa 470 calories	Super Tasty Asian Salmon Serve with 1 cup steamed broccoli and 1 cup cooked quinoa 470 calories	Black Bean, Corn & Quinoa Enchilada Bake Divide into 6 servings and place in separate containers for easy reheating. 330 calories	Black Bean, Corn & Quinoa Enchilada Bake Divide into 6 servings and place in separate containers for easy reheating. 330 calories
dessert	Flourless Peanut Oatmeal Chocolate Chip Cookie Thaw out 1 cookie or reheat in microwave 150 calories	Flourless Chocolate Chip Chickpea Blondies Thaw out 1 blondie or reheat in the microwave 120 calories	Flourless Peanut Oatmeal Chocolate Chip Cookie Enjoy 1 cookie 150 calories	Superfood Paleo Coconut Flour Brownies Enjoy 1 brownie 150 calories	Superfood Paleo Coconut Flour Brownies Enjoy 1 brownie 150 calories	Superfood Paleo Coconut Flour Brownies Enjoy 1 brownie 150 calories	Superfood Paleo Coconut Flour Brownies Enjoy 1 brownie 150 calories
calories	1,610 calories	1,635 calories	1,640 calories	1,560 calories	1,550 calories	1,725 calories	1,805 calories