

SUMMER SWEAT series

Meal Plan | Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
breakfast	Nutrition Rich Blueberry Breakfast Cookies Enjoy 2 cookies 412 calories	Peanut Butter Banana Overnight Oats 370 calories	Superfood Mint Cacao Nib Green Smoothie 270 calories	Peanut Butter Quinoa Granola Bars Enjoy 1 granola bar + 1 cup of fresh blueberries 317 calories	Blueberry Muffin Overnight Oats 315 calories	Low Carb Vegetable Frittata Serve with 1/4 of an avocado + hot sauce 356 calories	Fluffy Coconut Flour Pancakes Saturdays were made for pancakes! Top pancakes with 1T nut butter & banana slices 400 calories
lunch	Smashed Chickpea Avocado Salad Sandwich Enjoy 1/2 of salad spread over 1 slice of toasted sprouted bread (80 calories) 486 Calories	Cashew Chicken Quinoa Bake 457 calories	Blackened Salmon Tacos with Mango Guacamole Leftover lunch! Enjoy 2 tacos 539 calories	The Famous Healthy Kung Pao Chicken Serve with 1/2 cup cooked quinoa 489 calories	Tuscan Chicken Quinoa Bake Leftovers can be delicious! 436 calories	Vegetarian Black Bean Meatloaf with Avocado Verde Sauce 411 calories	Low Carb Vegetable Frittata Reheat leftovers! 286 calories
snack	Peaut Butter Quinoa Granola Bars Enjoy 1 granola bar 237 calories	Nutrition Rich Blueberry Breakfast Cookies Enjoy 1 cookie 206 calories	Peaut Butter Quinoa Granola Bars Enjoy 1 granola bar 237 calories	Nutrition Rich Blueberry Breakfast Cookies Enjoy 1 cookie 206 calories	Peaut Butter Quinoa Granola Bars Enjoy 1 granola bar 237 calories	1 red bell pepper, sliced + 1/4 cup roasted red pepper hummus 170 calories	1 red bell pepper, sliced + 1/4 cup roasted red pepper hummus 170 calories
dinner	Cashew Chicken Quinoa Bake if vegetarian, simply sub in 1 can of chickpeas for chicken. This will be lunch tomorrow too! 457 calories	Blackened Salmon Tacos with Mango Guacamole Enjoy 2 tacos 539 calories	The Famous Healthy Kung Pao Chicken Serve with 1/2 cup cooked quinoa 489 calories	Tuscan Chicken Quinoa Bake Leftovers can be delicious! 436 calories	Vegetarian Black Bean Meatloaf with Avocado Verde Sauce Save half for lunches tomorrow! 411 calories	Vegetarian Brown Rice Bowls 471 calories	Enjoy dinner out! Enjoy dinner out! Eat reasonably & smart 700 calories
dessert	Grain Free Chocolate Chip Cookie Bars Enjoy 1 bar 276 calories	Grain Free Chocolate Chip Cookie Bars Enjoy 1 bar 276 calories	Grain Free Chocolate Chip Cookie Bars Enjoy 1 bar; store remaining 3 bars in the freezer for later 276 calories	Paleo Chocolate Chunk Cookies Enjoy 1 cookie 179 calories	Paleo Chocolate Chunk Cookies Enjoy 1 cookie 179 calories	Paleo Chocolate Chunk Cookies Enjoy 1 cookie 179 calories	Paleo Chocolate Chunk Cookies Enjoy 1 cookie 179 calories
calories	1,868 calories	1,848 calories	1,811 calories	1,627 calories	1,578 calories	1,587 calories	1,735 calories