

SUMMER SWEAT series

Meal Plan | Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
breakfast	<p>Almond Butter Blueberry Paleo Waffles</p> <p>Top 1/2 belgian waffle with slices from 1 banana; freeze remaining waffles for reheating later in the week</p> <p>349 calories</p>	<p>Vegetarian Black Bean Chili Stuffed Sweet Potatoes</p> <p>Leftover for breakfast!</p> <p>330 calories</p>	<p>Carrot Cake Overnight Oats</p> <p>340 calories</p>	<p>Coconut Flour Banana Bread</p> <p>Make bread with 1 cup of blueberries instead of chocolate chips. Divide into 8 thick slices. Enjoy 2 slices for breakfast.</p> <p>296 calories</p>	<p>Coconut Flour Banana Bread</p> <p>Breakfast leftovers! Enjoy 2 slices for breakfast.</p> <p>296 calories</p>	<p>Chocolate Chia Overnight Oats</p> <p>Top with 1 tablespoon peanut butter</p> <p>372 calories</p>	<p>Enjoy two Healthy Breakfast Toasts of your choice</p> <p>Load them up with healthy toppings!</p> <p>400 calories</p>
lunch	<p>Vegetarian Black Bean Chili Stuffed Sweet Potatoes</p> <p>330 Calories</p>	<p>3 ingredient Buffalo Chicken</p> <p>Leftovers! Serve over 3/4 cup cooked quinoa + 1 cup steamed broccoli.</p> <p>352 calories</p>	<p>Thai Coconut Quinoa Bowls</p> <p>Top with 1 tablespoon of peanut butter</p> <p>350 calories</p>	<p>Small Batch Salsa Verde Chicken Enchiladas</p> <p>Enjoy 1 enchilada with 1/4 cup of black beans on the side</p> <p>481 calories</p>	<p>Kung Pao Shrimp</p> <p>Serve over 1/2 cup cooked quinoa</p> <p>384 calories</p>	<p>Crock pot Chicken Salsa Tacos</p> <p>Enjoy 1/4 of chicken mixture in 2 corn tortillas + 1/2 an avocado</p> <p>502 calories</p>	<p>Kale, Edamame & Quinoa Salad with Lemon Vinaigrette</p> <p>Leftovers for lunch!</p> <p>390 calories</p>
snack	<p>Enjoy 1 cup fresh blueberries + 1/2 cup almonds</p> <p>240 calories</p>	<p>Blueberry Flax Superfood Smoothie</p> <p>Double the recipe to serve 2 people. Make it with almond milk!</p> <p>238 calories</p>	<p>Enjoy 1 cup fresh blueberries + 1/2 cup almonds</p> <p>240 calories</p>	<p>1/2 cup baby carrots + 2 TBSP hummus</p> <p>120 calories</p>	<p>1/2 cup baby carrots + 2 TBSP hummus</p> <p>120 calories</p>	<p>Refreshing Watermelon Pineapple Smoothie</p> <p>Double the recipe to serve 2</p> <p>143 calories</p>	<p>Garlic Roasted Kale Chips</p> <p>Crunch, crunch, crunch!</p> <p>100 calories</p>
dinner	<p>3 ingredient Buffalo Chicken</p> <p>Serve over 3/4 cup cooked quinoa & 1 cup steamed broccoli. Vegetarian option: try it with tofu</p> <p>352 calories</p>	<p>Healthy Sesame Ginger Orange Chickpea Stir Fry</p> <p>Serve over 1/2 cup cooked quinoa</p> <p>359 calories</p>	<p>Small Batch Salsa Verde Chicken Enchiladas</p> <p>Enjoy 1 enchilada with 1/2 cup of black beans on the side; this will be leftovers for tomorrow</p> <p>531 calories</p>	<p>Kung Pao Shrimp</p> <p>Serve over 1/2 cup cooked quinoa</p> <p>384 calories</p>	<p>Crock pot Chicken Salsa Tacos</p> <p>Enjoy 1/4 of chicken mixture in 2 corn tortillas + 1/2 an avocado</p> <p>502 calories</p>	<p>Kale, Edamame & Quinoa Salad with Lemon Vinaigrette</p> <p>390 calories</p>	<p>Enjoy dinner out!</p> <p>Eat reasonably and smart!</p> <p>600 calories</p>
dessert	<p>Raspberry Banana Soft Serve</p> <p>Enjoy dessert!</p> <p>156 calories</p>	<p>Small Batch Paleo Almond Flour Brownies</p> <p>Enjoy 1 brownie; freeze half of brownies (4) for later or give away to friends</p> <p>189 calories</p>	<p>Small Batch Paleo Almond Flour Brownies</p> <p>Enjoy 1 brownie; freeze half of brownies (4) for later or give away to friends</p> <p>189 calories</p>	<p>Lightened Up Berry Crisp</p> <p>Enjoy 1/4 of crisp</p> <p>283 calories</p>	<p>Lightened Up Berry Crisp</p> <p>Enjoy 1/4 of crisp</p> <p>283 calories</p>	<p>Enjoy as much watermelon as you'd like!</p> <p>100 calories</p>	<p>Healthy Peanut Butter Cup Smoothie</p> <p>212 calories</p>
calories	1,427 calories	1,468 calories	1,630 calories	1,564 calories	1,585 calories	1,507 calories	1,702 calories