

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 Boiled Eggs and Shakeology	Shakeology	Banana Oat Pancakes (1/2 purple, 1 yellow) pg 95	Shakeology	Shakeology with 2tsp Peanut Butter	Peanut Butter Strawberry Oatmeal	Shakeology with 2tsp Peanut Butter
Lunch	Baked or Grilled Chicken and 2 Servings Broccoli	Healthy Chicken and Veggie Quesadillas	Grilled / Baked Chicken on top of Salad with Strawberries and 1 serving of Dressing	Healthy Chicken (or Lean Beef) Tacos (small shells) with Veggies (no avocado)	Baked Chicken, Lettuce, Tomato, Onion on 1/2 of a Thin Round Bun with Sweet Potato Chips (pg 201) (1 yellow total)	Grilled / Baked Chicken on top of Salad with Strawberries and 1 serving of Dressing	1 Servings Italian Wedding Soup (2 greens and 1 reds total)
Snack	Plain Greek Yogurt with 2tsp Peanut Butter and 1tsp Pure Maple Syrup	2 Hard Boiled Eggs	Shakeology	Plain Greek Yogurt with 2tsp Peanut Butter and 1tsp Pure Maple Syrup	Plain Greek Yogurt with 2tsp Peanut Butter and 1tsp Pure Maple Syrup	Shakeology	2 Boiled Eggs
Dinner	BBQ Salmon and Steamed Zucchini and Quinoa	Grilled or Baked Chicken, Steak, or Fish with 2 Servings Steamed Mixed Veggies	Healthy Chicken (or Lean Beef) Tacos (2 small shells) with Veggies and Avocado	Grilled or Baked Chicken, Steak, or Fish with 2 Servings Steamed Mixed Veggies	Turkey Sloppy Joe's (3 1/2 green, 1 red, 1tsp) (pg 171)	2 Servings Italian Wedding Soup (3 greens and 2 reds total)	Turkey Sloppy Joe's with 1 pc of Whole Wheat Toast (3 1/2 green, 1 red, 1tsp) (pg 171)

Jumpstart To Skinny Meal Plan

L Darling-Hammond



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