

WEEKLY PLANNER

<p>M o n d a y</p> <p>Breakfast- egg burrito & fruit Lunch- Salad with grilled chicken, greek yogurt & fruit Dinner- Burgers (no bun), salad, roasted potatoes, bakes apples Snacks- carrots, built bar Dessert- protein shake,</p>	<p>T u e s d a y</p> <p>Breakfast- Oatmeal with protein powder, berries, almond butter Lunch- Hamburger Salad, string cheese, fruit Dinner- Burritos with ground turkey meat, salad, pinto beans & Rice Snacks- Built bar, carrots, greek yogurt with fruit Dessert- Protein Shake</p>
<p>W e d n e s d a y</p> <p>Breakfast- Egg burrito & fruit Lunch- taco salad, fruit, carrots Dinner- chicken, green beans, salad Snacks- built bar, veggies & humus Dessert- Protein Shake</p>	<p>T h u r s d a y</p> <p>Breakfast- Overnight oats with almond butter & fruit Lunch- burrito with chicken & sweet potatoes, fruit Dinner- chili, Sweet potatoes, Salad Snacks- greek yogurt with fruit, string cheese Dessert- Protein shake</p>
<p>F r i d a y</p> <p>Breakfast- Egg burrito, fruit Lunch- Chili & sweet potatoes, fruit Dinner- Salmon, Brussel sprouts, salad Snacks- Built bar, carrots, string cheese Dessert- Protein Shake</p>	<p>S a t u r d a y</p> <p>Breakfast- Omelete,avocado toast, fruit Lunch- Tuna salad with greek yogurt, carrots, fruit, whole wheat pita bread Dinner- Homemade pizza, salad, veggie dish Snacks- carrots & hummus, greek yogurt with fruit Dessert- Protein Shake</p>
<p>S u n d a y</p> <p>Breakfast- Chia seed pudding, fruit Lunch- Chicken, quinoa, fruit Dinner-Taco Salad Snacks- built bar, greek yogurt & fruit Dessert- Protain shake</p>	<p>TOP PRIORITIES</p>