

## 0 SAT

### PREP:

- Go grocery shopping for week one
- Freeze bananas in ziploc bags for smoothies
- Freeze salmon, ground turkey, & shrimp in separate ziploc bags

\* = MAKES LEFTOVERS

△ = USES LEFTOVERS

## 1 SUN

### BREAKFAST:

Green Smoothie

### LUNCH:

Roasted Vegetables & Hard-Boiled Eggs \*

### SNACK:

Broiled Grapefruit \*

### PREP:

Slow Cooker Chicken

### DINNER:

Cauliflower "rice" with Slow Cooker Chicken \*

### NIGHT SNACK:

Dark Chocolate

PREP: Popsicles

PREP: Chia Pudding

## 2 MON

### BREAKFAST:

Chia Pudding

### LUNCH:

Nicoise salad △

### SNACK:

Carrots & Hummus

### DINNER:

Squash with Ground Turkey & Veggies \*

### NIGHT SNACK:

Popsicle △

THAW: Salmon

## 3 TUES

### BREAKFAST:

Frittata \*

### LUNCH:

Roasted Veggies with Slow Cooker Chicken △

### SNACK:

Apple & Almonds

### DINNER:

Salmon, Swiss Chard, & Cauliflower "Rice" △

### NIGHT SNACK:

Hot Chocolate

## 4 WED

### BREAKFAST:

Chocolate Smoothie

### LUNCH:

Frittata, ½ grapefruit △

### SNACK:

Cucumber & Hummus

### DINNER:

Slow Cooker Chicken with Veggies △ \*

PREP: Chickpeas

### NIGHT SNACK:

Mango Sorbet \*

PREP: Chia Pudding

## 5 THURS

### BREAKFAST:

Chia Pudding

### LUNCH:

Roasted Spring Veggie Salad △

### SNACK:

Pear & Almond Butter

### DINNER:

Squash with Spinach & Fried Egg △

### NIGHT SNACK:

Popsicle △

THAW: Ground Turkey

## 6 FRI

### BREAKFAST:

Strawberry Smoothie

### LUNCH:

Carrot Salad with Chickpeas △

### SNACK:

Cucumber & egg △

### DINNER:

Turkey Burger

FREEZE: Avocado

### NIGHT SNACK:

Dates

THAW: Shrimp

## 7 SAT

### BREAKFAST:

Avocado Smoothie

PREP: Go shopping

FREEZE: Salmon

### LUNCH:

Eggs & Sweet Potato Soldiers \*

### SNACK:

Blackberries & Pistachios

### DINNER:

Shrimp Stir-Fry with Cauliflower "Rice" \*

### NIGHT SNACK:

Apple & Almond Butter