

Meal plan 2/17/15

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	sunday
Workout	Cardio sculpt	Zumba	Cardio sculpt	Zumba	Cardio sculpt	turbofire	yoga
Meal 1 (pre workout)	banana w/ peanut butter	banana w/ peanut butter	banana w/ peanut butter	banana w/ peanut butter	banana w/ peanut butter	banana w/ peanut butter	banana w/ peanut butter
Meal 2	Egg sandwich	Egg sandwich	Egg sandwich	Egg sandwich	Egg sandwich	Egg sandwich	Egg sandwich
Meal 3 (lunch)	Tuna salad Brown rice, Salad w/ Caesar vinaigrette	Turkey sandwich on sourdough, side salad	Tuna salad on sourdough bread, sliced cheddar cheese, grapefruit, steamed broccoli	Sweet chili chicken with brown rice and broccoli, orange	Chicken and cheese burrito, Side salad w/ Caesar vinaigrette	Leftover chicken gyros with side salad	Leftover taco salad
Meal 4	Peanut butter shakeology	Tropical strawberry shakeology	Vanilla shakeology w/ almond butter	Peanut butter shakeology	Tropical strawberry shakeology	Vanilla shakeology w/ almond butter	Peanut butter shakeology
Meal 5 (dinner)	Treat meal	Broiled flank steak and rosemary sweet potatoes	Bang bang shrimp (grilled), corn salad	Taco salad skillet	Chicken gyros	Clean Meatloaf, Parmesan roasted red potatoes	leftovers
Optional meal 6							