

WEEKLY MEAL PLANNER

Date Range: Week 1

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	PROTEIN SHAKE HIGH CALORIE, 2 PACKETS QUAKER OATMEAL	3 BURRITOS WITH 6-8 OZ GROUND TURKEY/SIRLOIN, 1-2 CUPS SPANISH RICE, LIGHT SOUR CREAM ADD SALSA FOR TASTE	8-10 OZ CHICKEN, STEAMED VEGGIE OF CHOICE, 4 OZ PASTA WITH LIGHT ALFREDO SAUCE	6 CARAMEL RICE CAKES, 40-60 GRAM PROTEIN SHAKE IF NEEDED, 1-2 CUPS BERRIES OF CHOICE
MONDAY	PROTEIN SHAKE HIGH CALORIE, KODIAK PROTEIN PANCAKES ADD PUMPKIN FOR TASTE	2 WHOLE WHEAT HAMBURGER BUNS, 2 BUTTERBALL TURKEY BURGERS ADD TOMATO/LETTUCE AS DESIRED	6-8 OZ GROUND BEEF 90/10, SPAGHETTI SAUCE, 4 OZ PASTA WITH PARM CHEESE OPTIONAL	4 SERVINGS CEREAL OF CHOICE, 3 CUPS MILK, 40-60 GRAM PROTEIN SHAKE IF NEEDED, 1-2 CUPS BERRIES OF CHOICE
TUESDAY	PROTEIN SHAKE HIGH CALORIE, 4 MULTIGRAIN WAFFLES LOW CAL SYRUP	8-10 OZ CHICKEN, 1-2 CUPS CHICKEN RICE, 1 CUP STUFFING, GRAVY AS DESIRED	6-8 OZ SIRLOIN STEAK, STEAMED STIR FRY VEGGIES, 1- 2 CUPS WITH LOW SODIUM SOY SAUCE	6 CARAMEL RICE CAKES, 40-60 GRAM PROTEIN SHAKE IF NEEDED, 1-2 CUPS BERRIES OF CHOICE
WEDNESDAY	PROTEIN SHAKE HIGH CALORIE, 2 PACKETS QUAKER OATMEAL	3 BURRITOS WITH 6-8 OZ GROUND TURKEY/SIRLOIN, 1-2 CUPS SPANISH RICE, LIGHT SOUR CREAM ADD SALSA FOR TASTE	8-10 CHICKEN BREAST, 3-4 CUPS RUSSET POTATOES, LIGHT SOUR CREAM, REDUCED FAT SHREDDED CHEESE, STEAMED VEGGIES	4 SERVINGS CEREAL OF CHOICE, 3 CUPS MILK, 40-60 GRAM PROTEIN SHAKE IF NEEDED, 1-2 CUPS BERRIES OF CHOICE
THURSDAY	PROTEIN SHAKE HIGH CALORIE, 4 MULTIGRAIN WAFFLES LOW CAL SYRUP	2 WHOLE WHEAT HAMBURGER BUNS, 2 BUTTERBALL TURKEY BURGERS ADD TOMATO/LETTUCE AS DESIRED	8-10 OZ TURKEY KIELBASKA, VELVEETA SHELLS 1 BOX, STEAMED VEGGIES	6 CARAMEL RICE CAKES, 40-60 GRAM PROTEIN SHAKE IF NEEDED, 1-2 CUPS BERRIES OF CHOICE
FRIDAY	PROTEIN SHAKE HIGH CALORIE, 2 PACKETS QUAKER OATMEAL	8-10 OZ CHICKEN, 1-2 CUPS CHICKEN RICE, 1 CUP STUFFING, GRAVY AS DESIRED	6-8 OZ BEEF STEW MEAT WITH 2- 3 CUPS POTATOES/CARROTS	4 SERVINGS CEREAL OF CHOICE, 3 CUPS MILK, 40-60 GRAM PROTEIN SHAKE IF NEEDED, 1-2 CUPS BERRIES OF CHOICE
SATURDAY	PROTEIN SHAKE HIGH CALORIE, KODIAK PROTEIN PANCAKES ADD PUMPKIN FOR TASTE	2 WHOLE WHEAT HAMBURGER BUNS, 2 BUTTERBALL TURKEY BURGERS ADD TOMATO/LETTUCE AS DESIRED	6-8 OZ GROUND BEEF IN MEATLOAF STYLE, STEAMED VEGGIES	6 CARAMEL RICE CAKES, 40-60 GRAM PROTEIN SHAKE IF NEEDED, 1-2 CUPS BERRIES OF CHOICE