

WEEKLY MEAL PLANNER

Date Range: Week 2

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	1 cup unsweetened almond milk, 1 cup fit and active strawberry cereal, GNC 100% whey protein 1 scoop	1 butterball turkey burger, 2 slices fit and active multigrain bread, 1 slice reduced fat provolone, 1 cup blueberries	2 josephs low carb pita bread, 16 slices turkey pepperoni, 1/2 cup kraft fat free shredded cheese, 2 tbsp spaghetti/pizza sauce	1 container greek yogurt
MONDAY	2 fit and active multigrain waffles, 1 cup strawberries, 1/4 cup sugar free syrup, 2 hard boiled eggs	1/2 cup low fat small curd cottage cheese, 4 oz light tuna, 3 romaine lettuce (tuna wraps), 2 fit and active light string cheese	4 oz lean ground turkey, 1/4 cup fat free refried beans, 1/2 cup salsa, 2 lo carb mission tortillas	2 oz beef jerky
TUESDAY	1 packet instant maple brown sugar oatmeal, 1 tbsp peanut butter, GNC 100% whey protein	4 oz boneless chicken breast, 1 cup sweet potatoes, 2 fit and active light string cheese	2 slices fit and active multigrain bread, 1/4 cup kraft fat free cheese, 1 cup low sodium tomato soup	1 container greek yogurt, 2 hard boiled eggs
WEDNESDAY	2 servings egg whites, 1 large egg, 3 oz potatoes o brien, 2 slices turkey bacon	4 oz cubed ham, 2 cups mixed greens salad, 2 hard boiled eggs, 2 tbsp fat free french dressing	4 oz sirloin petite steak, 2 cups steamed stir fry vegetables, 1/2 cup ready rice, 2 tbsp low sodium soy sauce	1 container greek yogurt, 2 quaker chocolate rice cakes, 1 tbsp peanut butter
THURSDAY	1 whole wheat english muffin, 1 tbsp peanut butter, 1 cup strawberries, GNC 100% whey protein	4 oz pollock, 1 cup asparagus, 1/2 cup ready rice, 1 cup blueberries	1 butterball turkey burger, 2 romaine lettuce (wrap burger), 1 slice reduced fat provolone cheese	1/2 cup low fat small curd cottage cheese, 1 fiber one brownie
FRIDAY	1 container greek yogurt, 1 cup strawberries, GNC 100% whey protein	4 oz turkey lunchmeat, 2 slices fit and active multigrain bread, 2 fit and active light string cheese	4 oz lean ground turkey, 1/4 cup fat free refried beans, 1/2 cup salsa, 1/4 cup kraft fat free shredded cheese, 1/2 cup ready rice	1 fiber one brownie, 1 oz plain almonds
SATURDAY	1 cup unsweetened almond milk, 1 cup fit and active strawberry cereal, GNC 100% whey protein 1 scoop	4 oz boneless chicken breast, 1 cup asparagus, 1/2 cup ready rice, 1 cup strawberries	2 chicken brats, 2 cups steamed stir fry vegetables, 2 tbsp low sodium soy sauce	1 container greek yogurt, 1/2 cup low fat small curd cottage cheese