

WEEKLY MEAL PLANNER

Date Range: Week 3

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY	2 fit and active multigrain waffles, 1 cup strawberries, 1/4 cup sugar free syrup, 2 hard boiled eggs	4 oz light tuna, 3 romaine lettuce (tuna wraps), 2 fit and active light string cheese, 1 cup blueberries	4 oz boneless chicken thighs, 100 grams baby red potatoes, 1 cup green beans	GNC 100% whey protein 2 scoops
MONDAY	2 servings egg whites, 1 large egg, 1/2 cup salsa, 2 lo carb mission tortilla	1 butterball turkey burger, 2 romaine lettuce (wrap burger), 1 slice reduced fat provolone, 1 cup blueberries	4 oz boneless chicken breast, 1 hard boiled egg, 2 cups mixed salad greens, 2 tbsp fat free french dressing	1 container greek yogurt, 2 quaker chocolate rice cakes, 1/2 cup low fat small curd cottage cheese
TUESDAY	1 cup fit and active strawberry cereal, 1 cup unsweetened almond milk, GNC 100% whey protein 1 scoop	4 oz lean pork tenderloin, 1 cup sweet potatoes, 1 cup asparagus	2 josephs lo carb pita bread, 16 slices turkey pepperoni, 1/2 cup kraft fat free shredded cheese, 2 tbsp spaghetti/pizza sauce	1 oz plain almonds, 2 oz beef jerky
WEDNESDAY	1 packet instant maple brown sugar oatmeal, 1 tbsp peanut butter, GNC 100% whey protein 1 scoop	4 oz cubed ham, 2 cups mixed salad greens, 2 tbsp fat free french dressing, 2 hard boiled eggs	4 oz lean ground turkey, 1/2 cup ready rice, 1/4 cup fat free refried beans, 1/4 cup salsa	1 container greek yogurt, 1/2 cup low fat small curd cottage cheese
THURSDAY	2 servings egg whites, 1 large egg, 3 oz potatoes o brien, 3 turkey sausage links	4 oz cod, 1/2 cup ready rice, 77 grams brussel sprouts, 2 fit and active light string cheese	4 oz boneless chicken thighs, 1/2 cup idaho mashed potatoes, 1/2 cup green beans	GNC 100% whey protein 1 scoop, 2 quaker chocolate rice cakes, 1 tbsp peanut butter
FRIDAY	1 cup strawberries, 1 container greek yogurt, 1/2 cup low fat small curd cottage cheese	4 oz light tuna, 2 slices fit and active multigrain bread, 2 fit and active light string cheese	4 oz sirloin petite steak, 1/2 cup ready rice, 2 cups steamed stir fry vegetables, 2 tbsp low sodium soy sauce	1 oz plain almonds, 2 quaker chocolate rice cakes, 1 tbsp peanut butter
SATURDAY	1 cup strawberries, 2 hard boiled eggs, 2 slices turkey bacon, GNC 100% whey protein 1 scoop	4 oz boneless chicken breast, 1 cup sweet potatoes, 1/2 cup steamed broccoli	2 slices fit and active multigrain bread, 1/2 cup kraft fat free shredded cheese, 1/2 cup low sodium tomato soup	2 fit and active light string cheese, 1 oz plain almonds