

# WEEKLY MEAL PLANNER

Date Range: Week 4

	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 pollock, 1/2 cup ready rice, 1 cup asparagus	1 butterball turkey burger, 2 romaine lettuce (wrap burger), 1 slice reduced fat provolone cheese	1 fiber one fudge brownie, 1/2 cup low fat small curd cottage cheese, GNC 100% whey protein 1 scoop
MONDAY	2 servings egg whites, 1 large egg, 4 oz cubed ham, 1 packet quaker instant grits	4 oz lean ground turkey, 1/2 cup ready rice, 77 grams brussel sprouts	2 josephs lo carb pita bread, 16 slices turkey pepperoni, 1/2 cup kraft fat free shredded cheese, 1/4 cup spaghetti/pizza sauce	2 oz beef jerky, 1 fiber one fudge brownie
TUESDAY	1 cup fit and active strawberry cereal, 1 cup unsweetened almond milk, 2 hard boiled eggs	4 oz light tuna, 3 romaine lettuce (tuna wraps), 1/2 cup low fat small curd cottage cheese, 2 fit and active light string cheese, 1 cup blueberries	4 oz sirloin petite steak, 1/2 idaho mashed potatoes, 1 cup steamed cauliflower	1 fiber one fudge brownie, GNC 100% whey protein 1 scoop
WEDNESDAY	1 packet instant maple brown sugar oatmeal, 1 tbsp peanut butter, GNC 100% whey protein 1 scoop	4 oz boneless chicken thighs, 1/2 cup idaho mashed potatoes, 1 cup steamed green beans	4 oz cod, 1/2 cup ready rice, 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
THURSDAY	1 whole wheat english muffin, 1 tbsp peanut butter, 1 cup strawberries, GNC 100% whey protein 1 scoop	1 butterball turkey burger, 2 romaine lettuce (wrap burger), 1 slice reduced fat provolone cheese, 1 cup watermelon	4 oz tilapia, 1/2 cup idado mashed potatoes, 77 grams brussel sprouts	1 container greek yogurt, 1 fiber one brownie
FRIDAY	2 servings egg whites, 1 large egg, 2 slices turkey bacon, 3 oz potatoes o brien, 1 cup strawberries	4 oz turkey lunchmeat, 2 slices fit and active multigrain bread, 2 fit and active light string cheese	4 oz boneless chicken breast, 100 grams baby red potatoes, 1 cup steamed green beans	1/2 cup low fat small curd cottage cheese, 2 quaker chocolate rice cakes, 1 tbsp peanut butter
SATURDAY	1 container greek yogurt, 1 cup blueberries, 2 slices turkey bacon	4 oz lean pork tenderloin, 1/2 cup idaho mashed potatoes, 1 cup steamed spinach	4 oz sirloin petite steak, 1/2 cup ready rice, 2 cups steamed stir fry vegetables, 2 tbsp low sodium soy sauce	2 oz beef jerky, 2 fit and active light string cheese