

# WEEKLY MEAL PLANNER

Date Range: Week 1

|           | BREAKFAST   | LUNCH  | DINNER  | SNACK  |
|-----------|---|--|---|--|
| SUNDAY    | 1 large egg, 2 servings egg whites, 3 turkey sausage links, 1 whole wheat english muffin      | 1 cup watermelon, 2 slices fit and active multigrain bread, 1 butterball turkey burger, 1 slice reduced fat provolone cheese | 4 oz boneless chicken thighs, 1/2 cup idaho mashed potatoes, 77grams brussel sprouts  | Premier protein shake, 1 container greek yogurt, 1 fiber one fudge brownie |
| MONDAY    | 2 hard boiled eggs, 1.5 cups fit and active strawberry cereal, 2 cups unsweetened almond milk | 4 oz boneless chicken breast, 1 cup asparagus, 1/2 cup chicken ready rice, 1 cup blueberries                                 | 4 oz tilapia, 1/2 cup green beans, 2 cups mixed greens salad, 2 tbsp fat free french dressing   | Premier protein shake  |
| TUESDAY   | 1 packet instant maple brown sugar oatmeal, 1 tbsp peanut butter, Premier protein shake       | 1 cup blueberries, 1/2 cup low fat small curd cottage cheese, 4 oz light tuna, 3 wheat rice cakes                            | 4 oz sirloin petite steak, 100 grams baby red potatoes, 2 cups mixed greens salad, 2 tbsp fat free french dressing                    | 2 fit and active light string cheese                                       |
| WEDNESDAY | 1 large egg, 2 servings egg whites, 4oz cubed ham   | 1 cup strawberries, 2 slices fit and active multigrain bread, 4 oz turkey lunchmeat  | 4 oz lean ground turkey, 1/4 cup fat free refried beans, 1/2 cup salsa, 2 lo carb mission tortilla                                    | 1 container greek yogurt, 1 fiber one fudge brownie, 1 oz plain almonds    |
| THURSDAY  | 1 tbsp peanut butter, 1 whole wheat english muffin, 1/2 medium banana, Premier protein shake  | 4 oz pollock, 1/2 cup ready rice, 1 cup asparagus, 1 cup strawberries  | 4 oz boneless chicken breast, 2 cups mixed greens salad, 2 tbsp fat free french dressing, 25 grams sunflower seeds, 1 hard boiled egg | 2 fit and active light string cheese, 1 fiber one fudge brownie            |
| FRIDAY    | 1 cup strawberries, 1 cup blueberries, 1 container greek yogurt, Premier protein shake        | 1/2 cup low fat small curd cottage cheese, 2 hard boiled eggs, 4 oz light tuna, 2 slices fit and active multigrain bread     | 4 oz lean ground turkey, 1/2 cup ready rice, 2 tbsp low sodium soy sauce, 2 cup steamed stir fry vegetables                           | 1 oz plain almonds   |
| SATURDAY  | 1 packet maple brown sugar oatmeal, 1 tbsp peanut butter, Premier protein shake               | 4 oz cod, 1/2 cup ready rice, 77 grams steamed brussel sprouts   | 4 oz sirloin petite steak, 1/2 cup idaho mashed potatoes  | 2 quaker chocolate rice cakes, 1 tbsp peanut butter                        |