

TransFit Athens
Summer Meal Plan

	Breakfast	Post Workout Snack	Lunch	Snack	Dinner
Sunday	Avocado Toast & ½ cup blueberries	1 Kind Bar	FREE MEAL- Clean out the fridge- get your kitchen ready for the health week ahead, freeze any leftovers still in fridge. Marinate Turkey for dinner!	Make High Protein Trail Mix- 1 serving of Trail Mix (1/4 cup) + 1 apple, Green Tea with lemon	1 serving Roasted Turkey Breast, 1 cup roasted carrots with honey, small salad, whole wheat roll for family
Monday	Almond Butter Chocolate Smoothie Recipe	¼ cup High Protein Trail Mix	Yogurt Parfait or 2 lettuce wraps with leftover turkey, spinach, and tomatoes, 1 apple	Try making Kale Chips + 1 orange, try the Fresh Ginger Tea!	1 serving Maple, Balsamic Glazed Pork Tenderloin, 1 cup roasted vegetables, ½ cup whole wheat couscous
Tuesday	2 eggs “fried” (in 1 tsp. EVOO oil), ½ Whole Wheat English Muffin, 1 small orange	1- 100 calorie Chobani Greek Yogurt & ½ cup berries	Avocado Strawberry Spinach Salad with ½ cup leftover turkey	1 serving of Trail Mix + 1 apple, Green Tea with lemon	Rice Cream Sundaes! (use ½ cup brown/ cauliflower rice or healthy zucchini noodles for your serving), cherries with ricotta and toasted almonds for dessert
Wednesday	Super Green Smoothie	¼ cup High Protein Trail Mix	Yogurt Parfait or 2 lettuce wraps with leftover turkey, spinach, and tomatoes, 1 apple	1 serving Kale Chips + 1 orange, 1 cup Fresh Ginger Tea	FREE MEAL/ LEFTOVERS try the leftover pork or turkey in a quesadilla with small salad
Thursday	2 eggs “fried” (in 1 tsp. EVOO oil), ½ Whole Wheat English Muffin, 1 small orange	1- 100 calorie Chobani Greek Yogurt & ½ cup berries	Avocado Strawberry Spinach Salad with ½ cup leftover Pork Tenderloin	1 apple + 1 tbsp. Nutt Butter, Green Tea with lemon	1 serving Honey Teriyaki Salmon, 1 cup roasted broccoli, 1 cup coconut pan-roasted sweet potatoes (save some potatoes for salad next day)
Friday	1 serving Overnight Chocolate Chip Oats & ½ cup of blueberries	¼ cup High Protein Trail Mix	Summer Salmon Salad!	1 serving Kale Chips + 1 orange, 1 cup Fresh Ginger Tea	Pizza & Movie Night! Or Free Meal! Pizza Margarita, try healthy chocolate frozen yogurt (1/2 cup) & large salad
Saturday	Avocado Toast & ½ cup blueberries	1 Kind Bar	Yogurt Parfait or 2 lettuce wraps with leftover turkey, spinach, and tomatoes, 1 apple	1 apple + 1 tbsp. Nutt Butter, Green Tea with lemon	1 serving Baked Italian Chicken, 1 cup Green Beans, sliced tomatoes, small side salad