

	Breakfast	AM Snack	Lunch	PM Snack	Dinner	Exercise
S PREP DAY!	Easy Egg White Omelette 1 cup berries	1 small apple 100-calorie pack nuts	FREE MEAL/Clean out your fridge! Fix a large salad with leftovers. Prep: salads, wash/chop fruit & veggies	1 cup sliced red bell pepper 2 Tbsp. edamame hummus 1 cup green tea with lemon	Pecan Crusted Salmon, Cauliflower Mashed Potatoes, Oven Roasted Broccoli (Fix extra salmon for lunches)	Rest Day! Or 30 minutes Yoga
M	Blueberry Bliss Cashew Smoothie	1 pear 1/4 cup Cinnamon Toasted Almonds	Spring Salmon Salad	100-calorie Chobani yogurt 2 tsp. low-sugar granola 1 cup green tea with lemon	Grilled Pineapple, Chicken & Avocado Salad (Grill extra chicken for salads this week)	Strength Training 55 minutes
T	Easy Egg White Omelette 1 cup berries	1 Luna Mini Bar	Blueberry Chicken Salad served over a bed of greens	1/2 cup grapes 1 cheese stick 1 cup green tea with lemon	Pork Tenderloin Fajitas served in lettuce wraps, add dollop Gk yogurt, cheese, avocado, salsa	Steady Cardio 60 minutes
W	Blueberry Bliss Cashew Smoothie	1 small apple 100-calorie pack nuts	Spring Salmon Salad or Leftover Fajitas in lettuce wrap	1 cup sliced red bell pepper 2 Tbsp. edamame hummus 1 cup green tea with lemon	FREE MEAL or LEFTOVERS	Body Weight Workout 55 minutes
T	Slow Cooker Overnight Oats (Add: 1/2 small apple & Tbsp. walnuts to your bowl)	1 pear 1/4 cup Cinnamon Toasted Almonds	FREE MEAL Go out to lunch and practice making wise choices	100-calorie Chobani yogurt 2 tsp. low-sugar granola 1 cup green tea with lemon	Slow Cooker Stuffed Peppers topped with tsp. shredded cheese & dollop Greek yogurt	Cardio Intervals 60 minutes
F	Fab Friday! Choose your favorite smoothie & add 1 cup of spinach or kale!	1 Luna Mini Bar	Blueberry Chicken Salad served over a bed of greens	1/2 cup grapes 1 cheese stick 1 cup green tea with lemon	FREE MEAL or DATE NIGHT! Choose lean protein, green veggies!	Strength Training 55 minutes
S	Leftover Overnight Oats with 1/2 small apple & Tbsp. walnuts	1 pear 1/4 cup Cinnamon Toasted Almonds	Leftovers over a bed of greens or your favorite smoothie!	1 cup sliced red bell pepper 2 Tbsp. edamame hummus 1 cup green tea with lemon	Fire Up the Grill! Chicken or Steak Kabobs, 1/2 baked potato, 1 serving Grilled Asparagus	Power Walk or Run 3-4 miles or 45 minutes

So glorify God with your body.” -1 Corinthians 6:20

PRODUCE	MEATS & DAIRY	CANNED & DRY GOODS
<input type="checkbox"/> apples <input type="checkbox"/> strawberries <input type="checkbox"/> blueberries <input type="checkbox"/> bananas <input type="checkbox"/> pears <input type="checkbox"/> pineapple <input type="checkbox"/> grapes <input type="checkbox"/> avocados <input type="checkbox"/> lemons <input type="checkbox"/> lemon juice <input type="checkbox"/> spinach <input type="checkbox"/> red onion <input type="checkbox"/> onions <input type="checkbox"/> tomatoes <input type="checkbox"/> jalapeno pepper <input type="checkbox"/> bell peppers <input type="checkbox"/> broccoli <input type="checkbox"/> cauliflower <input type="checkbox"/> asparagus <input type="checkbox"/> sweet potatoes <input type="checkbox"/> corn (fresh, frozen or canned) <input type="checkbox"/> fresh salsa <input type="checkbox"/> garlic <input type="checkbox"/> fresh lavender <input type="checkbox"/> fresh cilantro <input type="checkbox"/> fresh chives <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> chicken breasts <input type="checkbox"/> salmon fillets <input type="checkbox"/> lean pork tenderloin <input type="checkbox"/> lean ground turkey <input type="checkbox"/> lean steak or chicken for kabobs <input type="checkbox"/> eggs <input type="checkbox"/> egg whites <input type="checkbox"/> unsweetened almond milk <input type="checkbox"/> small buttermilk (optional) <input type="checkbox"/> non-fat, plain Greek yogurt <input type="checkbox"/> 100-calorie Chobani yogurts <input type="checkbox"/> goat cheese <input type="checkbox"/> feta cheese <input type="checkbox"/> parmesan cheese <input type="checkbox"/> shredded cheese <input type="checkbox"/> cheese sticks <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> black beans <input type="checkbox"/> edamame hummus <input type="checkbox"/> walnuts <input type="checkbox"/> pecans <input type="checkbox"/> almonds <input type="checkbox"/> almond butter <input type="checkbox"/> Luna Mini bars <input type="checkbox"/> steel-cut oats <input type="checkbox"/> flaxseed <input type="checkbox"/> chia seed <input type="checkbox"/> protein powder <input type="checkbox"/> green tea <input type="checkbox"/> honey <input type="checkbox"/> dried figs <input type="checkbox"/> low-sugar granola <input type="checkbox"/> brown rice or quinoa <input type="checkbox"/> <input type="checkbox"/>

**Be sure to check your recipes and add any seasonings or cooking essentials you might need!*