

SUMMER SWEAT series

Meal Plan | Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
breakfast	Sweet Potato, Black Bean & Egg White Breakfast Burritos Freeze the rest of the burritos for reheating throughout the week 300 calories	No Bake Cashew Coconut Granola Bars Serve with 1/2 cup greek yogurt and 1 cup of berries 320 calories	Sweet Potato, Black Bean & Egg White Breakfast Burritos 300 calories	Grain Free Applesauce Pancakes Serve with 1 tablespoon nut butter 475 calories	Peanut Butter, Strawberry & Banana Quesadilla 300 calories	Brownie Batter Smoothie 340 calories	Peanut Butter, Strawberry & Banana Quesadilla 300 calories
lunch	Greek Chopped Chickpea Salad Serve with 4 oz chicken breast 380 calories	Greek Chopped Chickpea Salad Serve with 4 oz chicken breast 380 calories	Mason Jar Tex Mex Quinoa Salad Serve with 4 oz cooked chicken breast 600 calories	Mason Jar Tex Mex Quinoa Salad Serve with 4 oz cooked chicken breast 600 calories	Butternut Squash and Black Bean Enchilada Skillet Use sweet potatoes instead of butternut squash if you can't find it. 400 calories	Mason Jar Tex Mex Quinoa Salad Serve with 4 oz cooked chicken breast 600 calories	Butternut Squash and Black Bean Enchilada Skillet Use sweet potatoes instead of butternut squash if you can't find it. 400 calories
snack	1/2 cup baby carrots + 1/4 cup of hummus Substitute any raw veggies for the baby carrots if you'd like 210 calories	1/2 cup baby carrots + 1/4 cup of hummus Substitute any raw veggies for the baby carrots if you'd like 210 calories	No Bake Cashew Coconut Granola Bars 200 calories	No Bake Cashew Coconut Granola Bars 200 calories	1/2 cup baby carrots + 1/4 cup of hummus Substitute any raw veggies for the baby carrots if you'd like 210 calories	1/2 cup baby carrots + 1/4 cup of hummus Substitute any raw veggies for the baby carrots if you'd like 210 calories	No Bake Cashew Coconut Granola Bars 200 calories
dinner	PF Chang's Chicken Lettuce Wraps Serve with a baked sweet potato topped with a tablespoon of nut butter 500 calories	PF Chang's Chicken Lettuce Wraps Serve with a baked sweet potato topped with a tablespoon of nut butter 500 calories	PF Chang's Chicken Lettuce Wraps Serve with a baked sweet potato topped with a tablespoon of nut butter 500 calories	Butternut Squash and Black Bean Enchilada Skillet Use sweet potatoes instead of butternut squash if you can't find it. 400 calories	Mason Jar Tex Mex Quinoa Salad Serve with 4 oz cooked chicken breast 600 calories	Butternut Squash and Black Bean Enchilada Skillet Use sweet potatoes instead of butternut squash if you can't find it. 400 calories	Enjoy dinner out! Stick to healthy lean proteins such as fish, turkey or chicken, greens and healthy carbs. 700 calories
dessert	Flourless Chocolate Chip Chickpea Blondies Enjoy 1 blondie and place the rest of blondies in an airtight container in the freezer. 120 calories	1 Healthy Peanut Butter Protein Buckeye 155 calories	1 Healthy Peanut Butter Protein Buckeye 155 calories	Flourless Chocolate Chip Chickpea Blondies Thaw out 1 blondie or reheat in the microwave 120 calories	1 Healthy Peanut Butter Buckeye 155 calories	1 Healthy Peanut Butter Buckeye 155 calories	Flourless Chocolate Chip Chickpea Blondies Thaw out 1 blondie or reheat in the microwave 120 calories
calories	1510 calories	1565 calories	1,755 calories	1,795 calories	1,665 calories	1,705 calories	1600 calories



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