

SUMMER SWEAT series

Meal Plan | Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
breakfast	Oatmeal Cottage Cheese Banana Pancakes Serve with 1 tablespoon nut butter 390 calories	Sweet Potato, Black Bean & Egg White Breakfast Burritos Thaw out burrito from freezer and reheat 300 calories	Dark Chocolate Strawberry Oatmeal Only use 1 tablespoon of chocolate chips and serve with 1 tablespoon of chia seeds; no other additions 380 calories	Almond Butter, Strawberry & Banana Overnight Oats Prepare the entire recipe (you'll enjoy it for breakfast on Friday). 420 calories	Sweet Potato, Black Bean & Egg White Breakfast Burritos Thaw out and reheat in microwave. 300 calories	Almond Butter, Strawberry & Banana Overnight Oats 420 calories	Your breakfast choice! Avoid sugary breakfasts Up to 400 calories
lunch	Summer Chicken Chopped Salad Serve with 1 cup cooked quinoa 520 calories	Summer Chicken Chopped Salad Serve with 1 cup cooked quinoa 520 calories	Summer Chicken Chopped Salad Serve with 1 cup cooked quinoa 520 calories	Vegetarian Brown Rice Bowl 470 calories	Super Simple Almond Encrusted Tilapia Enjoy leftovers from last night's dinner. Serve with 1 cup broccoli and 1 sweet potato. 400 calories	Kale Rainbow Detox Salad Divide into 2 servings instead of 4. 380 calories	Kale Rainbow Detox Salad Enjoy the remaining salad. 380 calories
snack	1 container your favorite low sugar greek yogurt 120 calories	1 container your favorite low sugar greek yogurt 120 calories	2 minute Homemade Popcorn We suggest making the original version with coconut oil & salt 200 calories	1 medium apple 80 calories	No Bake Cashew Coconut Granola Bars Thaw out 1 granola bar from freezer 200 calories	1 - 6oz container your favorite low sugar greek yogurt 120 calories	No Bake Cashew Coconut Granola Bars Thaw out 1 granola bar from freezer 200 calories
dinner	New Mexican Green Chile Black Bean Burgers Reheat cooked patty from freezer. Serve with a whole grain or GF bun, all your favorite fixins plus homemade baked sweet potato fries! 500 calories	New Mexican Green Chile Black Bean Burgers Reheat cooked patty from freezer. Serve with a whole grain or GF bun, all your favorite fixins plus homemade baked sweet potato fries! 500 calories	Summer Chicken Chopped Salad Serve with a baked sweet potato (you can make homemade fries, if you'd like!) 450 calories	1/2 recipe for Super Simple Almond Encrusted Tilapia Serve with 1 cup steamed broccoli and 1 baked sweet potato 400 calories	Vegetarian Brown Rice Bowl 470 calories	Baked Turkey Parmesan Meatballs with Rigatoni Makes 4 servings so you'll have leftovers. 520 calories	Baked Turkey Parmesan Meatballs with Rigatoni 520 calories
dessert	Flourless Peanut Oatmeal Chocolate Chip Cookie Enjoy 1 cookie; freeze remaining cookies in container. 150 calories	1 Healthy Peanut Butter Buckeye 155 calories	Flourless Chocolate Chip Chickpea Blondies Thaw out 1 blondie or reheat in the microwave 120 calories	Flourless Peanut Oatmeal Chocolate Chip Cookie Enjoy 1 cookie 150 calories	1 Healthy Peanut Butter 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
calories	1,680 calories	1,675 calories	1,670 calories	1,670 calories	1,525 calories	1,560 calories	1,655 calories