

SUMMER SWEAT series

Meal Plan | Week 6

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
breakfast	Protein Waffles Serve with 1 tablespoon nut butter and 1/2 cup blueberries. 420 calories	Protein Waffles Serve with 1 tablespoon nut butter and 1/2 cup blueberries. 420 calories	Protein Waffles Serve with 1 tablespoon nut butter and 1/2 cup blueberries. 420 calories	Sweet Potato, Black Bean & Egg White Breakfast Burritos Reheat in microwave 300 calories	Sweet Potato, Black Bean & Egg White Breakfast Burritos Reheat in microwave 300 calories	1- (6 oz) container of your favorite low sugar greek yogurt + 1 cup strawberries + 2 scrambled eggs 310 calories	Enjoy whatever you'd like (within moderation)! Congrats on making it through The Summer SWEAT Series. You are AMAZING!
lunch	Black Bean, Corn & Quinoa Enchilada Bake 330 calories	Black Bean, Corn & Quinoa Enchilada Bake 330 calories	Black Bean, Corn & Quinoa Enchilada Bake 330 calories	Black Bean, Corn & Quinoa Enchilada Bake 330 calories	Vegetarian Brown Rice Bowl 470 calories	Vegetarian Brown Rice Bowl 470 calories	
snack	No Bake Cashew Coconut Granola Bars Thaw out 1 granola bar from freezer 200 calories	Oil Free Chocolate Zucchini Muffins Spread with 1 tablespoon of nut butter 255 calories	No Bake Cashew Coconut Granola Bars Thaw out 1 granola bar from freezer 200 calories	Wild Blueberry, Banana Spinach Power Smoothie Add a scoop of protein powder 280 calories	No Bake Cashew Coconut Granola Bars Thaw out 1 granola bar from freezer 200 calories	No Bake Cashew Coconut Granola Bars Thaw out 1 granola bar from freezer 200 calories	
dinner	Brown Sugar Honey Marinated Salmon with Pineapple Quinoa 500 calories	Brown Sugar Honey Marinated Salmon with Pineapple Quinoa 500 calories	Brown Sugar Honey Marinated Salmon with Pineapple Quinoa 500 calories	Brown Sugar Honey Marinated Salmon with Pineapple Quinoa 500 calories	Superfood Detox Salad Serve with 1 cup cooked quinoa and 4 oz cooked chicken 620 calories	Superfood Detox Salad Serve with 1 cup cooked quinoa and 4 oz cooked chicken 620 calories	
dessert	Flourless Peanut Oatmeal Chocolate Chip Cookie Enjoy 1 cookie 150 calories	Superfood Paleo Brownies Enjoy 1 brownie 150 calories	Superfood Paleo Brownies Enjoy 1 brownie 150 calories	Flourless Peanut Oatmeal Chocolate Chip Cookie Enjoy 1 cookie 150 calories	Flourless Chocolate Chip Chickpea Blondies Thaw out 1 blondie or reheat in the microwave 120 calories	Flourless Chocolate Chip Chickpea Blondies Thaw out 1 blondie or reheat in the microwave 120 calories	
calories	1,600 calories	1,655 calories	1,600 calories	1,560 calories	1,710 calories	1,720 calories	