

SUMMER SWEAT series

Meal Plan | Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
breakfast	<p>Healthy Blueberry Oatmeal Muffins</p> <p>Enjoy 1 muffin + 1/2 cup raspberries + 2 hardboiled or fried eggs. Keep remaining muffins in the fridge.</p> <p>380 calories</p>	<p>Roasted Sweet Potato & Black Bean Salad</p> <p>Breakfast salad! Enjoy with 1 egg for a fun twist.</p> <p>416 calories</p>	<p>Peanut Butter Banana Oatmeal Bake</p> <p>This deliciousness is breakfast tomorrow too!</p> <p>364 calories</p>	<p>Peanut Butter Banana Oatmeal Bake</p> <p>Leftovers are the best!</p> <p>364 calories</p>	<p>High Protein Oatmeal Cottage Cheese Banana Pancakes</p> <p>Double the recipe so that it serves 2 people. Top with 1 tablespoon of nut butter</p> <p>380 calories</p>	<p>5 Minute Protein Peanut Butter Energy Bites</p> <p>Enjoy 2 balls + 1 banana</p> <p>376 calories</p>	<p>Grain Free Applesauce Pancakes</p> <p>This only makes 1 serving, so double the recipe for 2 people.</p> <p>379 calories</p>
lunch	<p>Roasted Sweet Potato & Black Bean Salad</p> <p>346 Calories</p>	<p>Thai Peanut Chicken Edamame Quinoa Stir Fry</p> <p>328 calories</p>	<p>Sweet Potato Hash</p> <p>Enjoy with 1/2 cup of cooked quinoa</p> <p>362 calories</p>	<p>Caprese Stuffed Chicken Breasts with Garlic Zucchini Noodles</p> <p>Dinner was really great last night, wasn't it?</p> <p>377 calories</p>	<p>Superfood Taco Bowls</p> <p>Enjoy leftovers!</p> <p>448 calories</p>	<p>Healthy Slow Cooker Chicken Chile Verde</p> <p>Serve over 1/2 cup cooked quinoa</p> <p>413 calories</p>	<p>Strawberry Mango Chopped Spinach Salad</p> <p>Serve with 4 oz chicken. Vegetarian option: 1/2 cup chickpeas</p> <p>391 calories</p>
snack	<p>Copycat Cashew Cookie Larabars</p> <p>Store extra bars in freezer and take out when ready to enjoy!</p> <p>223 calories</p>	<p>Healthy Blueberry Oatmeal Muffins</p> <p>Top with 1 tablespoon of peanut butter</p> <p>294 calories</p>	<p>Copycat Cashew Cookie Larabars</p> <p>Enjoy 1 granola bar from your freezer!</p> <p>223 calories</p>	<p>Healthy Blueberry Oatmeal Muffins</p> <p>Top 1 with 1T PB; freeze the rest</p> <p>294 calories</p>	<p>5 Minute Protein Peanut Butter Energy Bites</p> <p>Enjoy 2 balls; store remaining balls in a container in fridge.</p> <p>276 calories</p>	<p>Copycat Cashew Cookie Larabars</p> <p>Enjoy 1 granola bar from your freezer!</p> <p>223 calories</p>	<p>5 Minute Protein Peanut Butter Energy Bites</p> <p>Enjoy 2 balls!</p> <p>276 calories</p>
dinner	<p>Thai Peanut Chicken Edamame Quinoa Stir Fry</p> <p>Leftovers will be for lunch tomorrow! Vegetarian option: Use 1 can chickpeas instead of chicken</p> <p>328 calories</p>	<p>Sweet Potato Hash</p> <p>Enjoy with 1/2 cup of cooked quinoa. Vegetarian option: Use tofu instead of chicken sausages.</p> <p>362 calories</p>	<p>Caprese Stuffed Chicken Breasts with Garlic Zucchini Noodles</p> <p>This will also be your lunch tomorrow!</p> <p>377 calories</p>	<p>Superfood Taco Bowls</p> <p>Use lean ground turkey instead of beef. Serve with 1/4 avocado. Vegetarian option: Use tofu or black beans.</p> <p>448 calories</p>	<p>Healthy Slow Cooker Chicken Chile Verde</p> <p>Serve over 1/2 cup cooked quinoa</p> <p>413 calories</p>	<p>Strawberry Mango Chopped Spinach Salad</p> <p>Serve with 4 oz chicken. Vegetarian option: 1/2 cup chickpeas</p> <p>391 calories</p>	<p>Enjoy dinner out!</p> <p>Enjoy dinner out! Eat reasonably & smart</p> <p>600 calories</p>
dessert	<p>Nutritious Chocolate Chia Seed Pudding</p> <p>433 calories</p>	<p>Dark Chocolate Time!</p> <p>Enjoy 3 squares of your favorite dark chocolate bar + 1/2 cup raspberries</p> <p>210 calories</p>	<p>Protein Peanut Butter Cookies</p> <p>Enjoy 1 cookie</p> <p>189 calories</p>	<p>Protein Peanut Butter Cookies</p> <p>Put half of the cookies (6) in the freezer, or give away!</p> <p>189 calories</p>	<p>Protein Peanut Butter Cookies</p> <p>Enjoy 1 cookie</p> <p>189 calories</p>	<p>Protein Peanut Butter Cookies</p> <p>Enjoy 1 cookie</p> <p>189 calories</p>	<p>Chocolate Coconut Flour Mug Cake</p> <p>Recipe makes only 1 mug cake, so double it to serve 2 people!</p> <p>150 calories</p>
calories	1,710 calories	1,610 calories	1,515 calories	1,672 calories	1,706 calories	1,592 calories	1,796 calories