

SUMMER SWEAT series

Meal Plan | Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
breakfast	3 Ingredient Peanut Butter Pancakes Serve with a drizzle of honey 300 calories	Peanut Lovers Green Smoothie Double the recipe to serve 2 people! 326 calories	Green Goddess Smoothie 235 calories	Wild Blueberry Spinach Power Smoothie Add in 1/2 cup plain greek yogurt + 1 tablespoon of nut butter for a protein boost! 280 calories	Blueberry Date Smoothie Bowl Double the recipe to serve 2 people! 403 calories	Layered Banana Split Protein Smoothie 229 calories	Espresso Overnight Oats with Salted Date Caramel 241 calories
lunch	5 Minute Tuna Salad Double recipe to serve 2. Serve with 2 slices sprouted or gluten free bread + add 1/2 an avocado. 506 Calories	30 Minute Spicy Thai Peanut Chicken & Sweet Potato Noodle Stir Fry Leftovers are perfection! 400 calories	Kung Pao Chicken Meatballs Enjoy 5 meatballs with 1 cup of steamed broccoli + 1 small cooked sweet potato 420 calories	30 Min Thai Chicken Lettuce Wraps Enjoy with 1/2 an avocado! 459 calories	Mediterranean Chickpea Salad 344 calories	Cilantro Lime Shrimp Bowls Time for leftovers! 344 calories	Peanut Butter Strawberry Banana Quesadillas Serve with 1 cup 383 calories
snack	Cherry Pie Energy Balls Enjoy 2 balls! Store remaining in freezer. 244 calories	Cherry Pie Energy Balls Enjoy 2 balls! Store remaining in freezer. 244 calories	Cherry Pie Energy Balls Enjoy 2 balls! Store remaining in freezer. 244 calories	Cherry Pie Energy Balls Enjoy 2 balls! 244 calories	Cherry Pie Energy Balls Enjoy 2 balls! 244 calories	Cherry Pie Energy Balls Enjoy 2 balls! 244 calories	Cherry Pie Energy Balls Enjoy 2 balls! 244 calories
dinner	30 Minute Spicy Thai Peanut Chicken & Sweet Potato Noodle Stir Fry This will be lunch tomorrow! Vegetarian option: use chickpeas instead of chicken! 400 calories	Kung Pao Chicken Meatballs Enjoy 5 meatballs with 1 cup of steamed broccoli + 1 small cooked sweet potato 420 calories	30 Min Thai Chicken Lettuce Wraps Enjoy with 1/2 an avocado! This will also be lunch tomorrow! 459 calories	Mediterranean Chickpea Salad 344 calories	Cilantro Lime Shrimp Bowls Vegetarian option: Use chickpeas or tofu instead of shrimp! This will be lunch tomorrow too. 344 calories	Stuffed Eggplant Boats Use tofu or beans instead of turkey if vegetarian 368 calories	Enjoy dinner & dessert out and celebrate being amazing for 1 month! Thank you for joining us! 800 calories
dessert	Healthy Reese's Eggs Enjoy 1 egg 200 calories	Healthy Reese's Eggs Enjoy 1 egg 200 calories	Healthy Reese's Eggs Enjoy 1 egg 200 calories	Healthy Reese's Eggs Enjoy 1 egg 200 calories	3 squares of dark chocolate + 1/2 cup fresh raspberries 210 calories	Peanut Butter Banana Soft Serve 355 calories	Enjoy dessert out!
calories	1,650 calories	1,590 calories	1,558 calories	1,571 calories	1,545 calories	1,540 calories	1,668 calories