



June 8-14 Meal Plan

	Weekday	When you wake up	1st Meal	AM Snack	Lunch	PM Snack	Dinner	Late Night Snack
Monday	6/8/2020	Advocare Spark, Water, Coffee	Greek Yogurt Bowl	Adventure Bars	Tuna Salad	Edamame	Chicken Quesadillas	Peanut Butter Balls
Tuesday	6/9/2020	Advocare Spark, Water, Coffee	Egg Bites	Adventure Bars	Tuna Salad	Edamame	Chicken Pesto Panini	Peanut Butter Balls
Wednesday	6/10/2020	Advocare Spark, Water, Coffee	Greek Yogurt Bowl	Adventure Bars	Tuna Salad	Edamame	Chicken Tacos	Peanut Butter Balls
Thursday	6/11/2020	Advocare Spark, Water, Coffee	Egg Bites	Adventure Bars	Tuna Salad	Edamame	Chicken Bacon Ranch Wrap	Peanut Butter Balls
Friday	6/12/2020	Advocare Spark, Water, Coffee	Greek Yogurt Bowl	Adventure Bars	Tuna Salad	Edamame	Chicken sandwich	Peanut Butter Balls
Saturday	6/13/2020	Advocare Spark, Water, Coffee	Egg Bites	Adventure Bars	Tuna Salad	Edamame	Take out	Peanut Butter Balls
Sunday	6/14/2020	Advocare Spark, Water, Coffee	Greek Yogurt Bowl	Adventure Bars	Tuna Salad	Edamame	left overs	Peanut Butter Balls