



# Stronger with Sarah – The Online Program June 8-14 Meal Plan

We're try something new this week with our dinner recipes. I have 5 recipes that use the same 16 ingredients. Each recipe is super fast and easy to make. Very little cooking involved! I hope you all will enjoy trying a variety of ways to use the same ingredients! Let me know what you think.

Our weekly Q+A is on Sunday evening from 8:30pm-9pm. Light a candle, grab your notebook, and find a quiet space to start your week on a great note. If you have anything you want Sarah to discuss in depth, please let Sarah know by Saturday evening.

### **Meal Prep To- Do/Tips: (specific to this week's Meal Plan)**

- 1 Make adventure bars
- 2 Make peanut butter balls
- 3 Cook chicken for dinners
- 4 Make tuna salad
- 5 Make egg bites

### **Women's Only Small Group Training Class days/times:**

Monday: 6:55am Zoom workout; 7pm Strength at Leonard

Tuesday: 6:15am Sunrise Circuit; 10:15am Zoom Workout; Walking Club 3:45pm Meadowood

Wednesday: 6:55am Zoom Workout; 5:30pm Strength at Leonard; 6:30pm Yoga at Leonard

Thursday: 6:15am Sunrise Circuit; 10:15am zoom workout; 6:15pm Bike Club Meadowood

Friday: 6:55am Zoom Workout

Saturday: 8am Full Body workout at Leonard Park

### **Advocare**

\*See AdvoCare Supplement Guide in the files in our Facebook page for specific products based on your goals and/or contact me for more info!\*

All products are 100% optional 😊 Sarah has taken AdvoCare products for over 6+ years and trust the company and products 100%. She would never recommend something she haven't tried or believe in. If you have any questions about the products or to get them ordered, click here [www.advocare.com/13024623](http://www.advocare.com/13024623) or message Sarah!

Please reach out with any questions, comments, and concerns so that you are getting the most out of this program and reaching your goals!

Thanks! Sarah & Jill