



MEAL PLAN

MARCH



MONDAY - FRIDAY | FREE DAYS ON SATURDAY - SUNDAY

BREAKFAST

LUNCH

DINNER

MON

OATMEAL
BANANAS
AGAVE
WALNUTS

ROASTED
SWEET POTATO
KALE SALAD

STIR-FRIED
VEGETABLES &
ROASTED
CHICKEN
BREAST

TUE

PROTEIN
CEREAL &
OATMILK
BERRIES

COTTAGE
CHEESE &
SLICED TURKEY
W/ CHEDDAR
CHEESE

ROASTED
SWEET POTATO
KALE SALAD
PEPITA SEEDS

WED

YOGURT
AND
BANANA
GREEN JUICE

PROTEIN DRINK
KALE SALAD

EDAMAME
NOODLES
PESTO
MOZZARELLA

THU

EGG WHITES
AVOCADO
WHOLE GRAIN
TOAST
SLICED PEAR

STIR-FRIED
VEGETABLES &
FRIED RICE

GROUND
TURKEY OR
CHICKEN TACOS
W/ TOPPINGS

FRI

STEEL OATS
BERRIES
AGAVE
WALNUTS

GREEN SALAD
W/ LOW FAT
DRESSING &
SLICED
PICKLED
BEETS

VEGAN LEMON
LINTEL SOUP
GREEN SALAD

