

Meal Plan

MONDAY

Breakfast	2 oz. low-fat cheese, 1 whole grain English muffin & 1 tsp grass fed butter
Lunch	3 oz. roast turkey w/tomato slices/lettuce, 2 slices whole wheat bread, 1 hard boiled egg & 1 light yogurt
Dinner	3 oz. lean ground meat, 1 1/3 c cooked edamame spaghetti noodles, tomato sauce, green salad w/ 3 Tbsp low-fat dressing

TUESDAY

Breakfast	2 eggs, any style, 1/2 grapefruit, 1/2 apple & 1 light yogurt
Lunch	1/4 c cottage cheese w/ black pepper, 1 1/4 c sliced bell peppers, 6 crackers & 1 Tbsp peanut butter
Dinner	3 oz. BBQ chicken breast, green beans or broccoli, 1/3 c quinoa & green salad w/ 3 Tbsp lowfat dressing

WEDNESDAY

Breakfast	1 string cheese, cooked oatmeal w/ 1 tsp grass fed butter & honey
Lunch	1/2 whole wheat English muffin w/ tomato sauce & 1 slice mozzarella cheese, green salad w/ 3 Tbsp lowfat dressing
Dinner	1 1/2 oz. lean ground meat, 3 corn tortillas, 1 oz. shredded cheese, 2/3 c onions & 1/2 c salsa

THURSDAY

Breakfast	Protein shake
Lunch	1/4 c hummus, 6 whole grain crackers or pita chips, 1 hard boiled egg & 1/2 apple
Dinner	3 oz. chicken breast w/ tomato sauce & slice of mozzarella cheese, 1/2 avocado & broccoli or green beans

FRIDAY

Breakfast	1 1/2 c high protein cereal, 1 cup Oat or almond milk, 1/2 English muffin & 1 tsp grass fed butter
Lunch	1 string cheese, 3 oz. roasted turkey with sliced cheese roll up w/2 Tbsp light mayo & 1 light yogurt or 3/4 c low-fat cottage cheese
Dinner	Salmon or halibut, coleslaw w/ 2 Tbsp lowfat mayonnaise, & Quinoa



Grocery List

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Dairy

- Low-fat block cheese (1)
- Mozzarella cheese (2 slices)
- Cottage cheese
- Yogurt (light) (3)
- Eggs (4)
- Grass fed Butter
- String cheese (2)
- Oat or almond milk

Meat/Seafood

- Roast turkey
- Lean ground meat (4 1/2 oz)
- Chicken breast (2)
- Salmon or halibut (1)

Produce


- Onion (1)
- Avocado (1/2)
- Green salad
- Grapefruit (1)
- Apple (1)
- Bell pepper (1)
- Coleslaw
- Green beans or broccoli
- Tomato slices
- Lettuce

Grocery

- Edamame spaghetti noodles
- Oatmeal
- Quinoa
- Tomato sauce
- Salsa
- Low-fat salad dressing
- Protein shake (1)
- Hummus
- Crackers or pita chips
- Low-fat mayonnaise
- High protein cereal
- Honey
- Peanut butter
- BBQ sauce

Bread

- English muffins (2)
- Corn tortillas (3)
- Whole wheat bread



Note: Food quantities indicated
in grocery list is per person

