

# ROAD TO FITNESS MEALS

MADE BY *Our Warrior Spirit* LLC

## MONDAY

3 Scrambled Eggs w/ avocado  
Turkey Wrap & 1 apple  
Spicy Chicken & Quinoa, Side  
salad w/ 2 Tbsp olive oil

## TUESDAY

2 Tbsp peanut butter on Keto bread  
4 oz skinless, boneless chicken  
breast w/ salad  
4 oz baked salmon w/ broccoli &  
quinoa

## WEDNESDAY

Egg Whites & Salmon, 1 large  
grapefruit  
Black Bean and Cheese Burrito  
Veggie Burger Lettuce wrapped

## THURSDAY

1/2 banana, berry & chia in yogurt  
Gobbleguac Sandwich, 1 apple  
Steamed Snapper with Pesto,  
spinach

## FRIDAY

0% fat Greek yogurt, 1 large  
grapefruit, 10 almonds  
Turkey wrap w/pear  
Chicken Spinach Parm,  
w/ brown rice

## SATURDAY

Loaded Vegetable Omelet  
1 banana, 10 cherry tomatoes  
Lemon Chicken w/ asparagus