



Here are some weekly meal ideas and suggestions. I encourage you to try one of these new recipes this week! If you have recipes you love from previous weeks be sure to keep them in your rotation. I also included a few treat recipes this week!

Breakfast Options

Try and include 8-10 oz. of water with a scoop of Greens Powder before breakfast everyday! I use green vibrance greens but I will be honest it tastes terrible!

Overnights PB Cookie Dough Oats

<https://www.pbfingers.com/peanut-butter-oatmeal-cookie-dough-overnight-oats/>

Banana Cottage Cheese Protein Pancakes

<https://www.eatingbirdfood.com/cottage-cheese-protein-pancakes/>

[Sweet Potato Toast](#)

[Noatmeal \(AKA low carb oatmeal\)](#)

Egg scramble

- 2 Eggs or 3 egg whites
- Add Spinach, onion, mushrooms, asparagus, tomatoes, garlic, or broccoli (whatever veggies you like) Top with avocado and basil, salt & pepper
- Add 1 slice of ezeziel toast or cauliflower sandwich thins for lower carb.

Chocolate PB Smoothie

- 1 Serving Chocolate Protein Powder
- ½ of a Banana (frozen will make it thicker)
- 1 Tbsp. Peanut Butter or PB2
- 1 cup almond milk or milk of choice
- ½ Cup Frozen Cauliflower Rice (optional)
- (add 2-3 cubes of ice and blend)

Lunch Options

Leftovers: Try to make extra servings for quick leftovers. The Quinoa Salad makes great lunches for the week as well.

[Pickle Chicken Salad \(easy meal prep\)](#)

Big Salad with lots of veggies!

- Choose a Protein Choice: Salmon, white fish, beans, ground turkey, tempeh or tofu
- Salad choices: Kale, spinach, mixed greens, tomato, asparagus, broccoli, mushroom, garlic, onion, cucumber (whatever you have on hand).
- Quinoa, sweet potato, chickpeas etc. (if you want to add a bit more carbs)
- Add 1-2 Healthy Fats Olive Oil, Flax seeds, Walnuts, Almonds, or avocado
- Great dressing: Olive oil and lemon or Olive oil and red wine vinegar

[Tuna Melt Poppers](#) (low carb option)

Dinner

I have a few soup recipes this week since the weather is cold and I love a good soup!

[Spicy Gochujang Tofu Bowl](#) (can use chicken as well)

[Quinoa Black Bean Salad](#) with Grilled Chicken Breast

[Grilled Salmon with Mango Salsa](#)

[Loaded Burger Bowls \(low carb\)](#)

Pasta with Hummus and Goat Cheese (I will report back on this one!)

Snack FUEL

Apple & Almonds

- Slice up apple and portion size of almonds (approx 16 almonds).

Peanut Butter & Apple

- Slice up an apple and top with peanut butter (or other nut/seed butter of your choice).
*Sprinkle with any of the following or combo of: hemp seeds, goji berries, cinnamon, sea salt, shredded coconut.

Mozzarella Cheese Stick & 2 Cuties

Rice Cake with Light Cream Cheese and Deli Turkey Slices

- Top one rice cake with 1 TBS cream cheese, sprinkle everything bagel seasoning on cream cheese and top with 1 serving deli turkey.

[Cottage Cheese Cookie Dough](#)

Healthy Treats

Yasso Mint Chocolate Chip Greek Yogurt Bars

Halo Top Ice Cream (Flavor of Choice)

Peanut Butter Blossoms

<https://www.eatingbirdfood.com/flourless-vegan-peanut-butter-blossoms/>

Vanilla Greek Yogurt Bowl

Mix a low sugar vanilla greek yogurt (Low Sugar, or kite hill for dairy free) with 1 TBS PB2 or PB Fit and top with 3-4 peanut butter pretzels. You could also add 1 TBS mini chocolate chips and a bit of whip cream to make it more tasty!

3 Ingredient Chocolate Protein Mug Cake

<https://www.muscleandstrength.com/recipes/3-ingredient-chocolate-protein-mug-cake-recipe>

HYDRATE

Be sure to drink at least half of your body weight in water each day. I like to add a little lemon essential oil and a squeeze of fresh lemon to my water each day. It helps with detox and tastes yummy.

**Disclaimer: I am not a registered dietician. I recommend you seek medical advice prior to beginning any new workout program or meal plan.*