

Week 8 Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Leftover Slice of Frittata w/ 3 slices of Avocado, & ½ Grapefruit	Green Smoothie w/ Protein Powder	Green Smoothie w/ Protein Powder	Green Smoothie (no protein)	Green Smoothie w/ Protein Powder	Choc & Coconut Superfood Shake	2 Egg Muffins w/ 3 slices of Avocado, & Tomato
Snack	2 oz. Smoked Salmon & fresh sliced tomato	1 Hard Boiled Egg with ½ Grapefruit	2 oz. Smoked Salmon & fresh sliced tomato	Small bowl of Leftover Mom's Chicken Soup	Small bowl of Leftover Mom's Chicken Soup	4 oz. Plain Greek Yogurt w/ 1 sliced peach	Protein Bar
Lunch	Leftover Grilled Pork Chops w/ Mango Salsa & Steamed Asparagus	4 oz. Tuna Fish with balsamic, 3 slices avocado & lots of fresh cut veggies	Leftover Mom's Chicken Soup	"Naked" Lettuce Wrap w/ balsamic, Veggies, & an Apple	Avocado Egg Salad on 2 Thick Tomato Slices & 1 piece of fruit	4 oz. Tuna Fish with balsamic, 3 slices avocado & lots of fresh cut veggies	Leftover Steak & veggies w ½ sweet potato (save other ½ for next wed.)
Dinner	Large Green Salad w/ veggies, 4oz. Chicken (or Tky), & 1 Tbs. Balsamic Vinaigrette	10-12 oz. Mom's Chicken Soup	4 oz. Tky Burger (no bun) with grilled onions, 1/3 Avocado, & Steamed Broccoli	Med Green Salad w/ veggies and fresh squeezed lemon as dressing	<i>CHEAT MEAL!!</i>	Grilled Steak w/ Mixed Veg (can sub chicken) w/ med Salad & 1 Tbs. Balsamic Vin	Green Smoothie w/ Protein Powder