

# Week 9 Meal Plan

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Breakfast</b>	2 Egg Muffins with 3 slices of Avocado & Tomato	Green Smoothie w/ Protein Powder	Choc & Coconut Superfood -or- Green Smoothie w/ Protein	2 Egg Cupcakes with 3 slices of Avocado, and Tomato	Green Smoothie	Frittata with zucchini, onion, tomato, spinach, & bacon	Leftover Slice of Frittata w/ 3 slices of Avocado
<b>Snack</b>	4 oz. Plain Greek Yogurt with 1 piece fruit	¼ cup homemade trail mix	Protein Bar	Apple with 2 Tbs. of Almond Butter	1 Hard Boiled Egg w/ 1 piece fruit	Protein Bar	water
<b>Lunch</b>	Med Green Salad w/ veggies, 4oz. Turkey & 1 Tbs. Balsamic Vin.	Leftover Chicken with Rutabaga & Broccoli	Leftover Salmon Steaks w/ Grapefruit, Asparagus & ½ Sweet Potato	4 oz. Leftover Chicken with ½ an Avocado and side of broccoli	Leftovers! (any 4 oz. protein with 2 servings of veg.)	Lettuce Wrap with balsamic, 4 oz. Tuna, and lots of Veggies	Leftover Pork Tenderloin w/ Brussels Sprouts & Cauliflower
<b>Dinner</b>	Easy Breezy Chicken Breast w/ Mashed Rutabaga & Steamed Broccoli	Salmon Steaks w/ Grapefruit and Steamed Asparagus	Med Green Salad w/ veggies, 4oz. Turkey, & 1 Tbs. Apple Cider Vinaigrette	Med Green Salad w/ veggies, 4oz. Turkey, ¼ Avocado, & 1 Tbs. Balsamic Vinaigrette	<i>CHEAT MEAL!</i>	Herb Marinated Pork Tenderloin w/ Brussels Sprouts & optional mashed Cauliflower	Green Smoothie