

# Week 12 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>	Green Smoothie w/ Protein Powder	Choc & Coconut Superfood Shake	Green Smoothie w/ protein <i>(make dbl batch &amp; freeze for popsicle on Sun)</i>	Leftover Frittata w/ ½ avocado and sliced tomato	Choc & Coconut Superfood Shake	Green Smoothie w/ Protein Powder	Pumpkin Pancakes with banana & pecans
<b>Snack</b>	Protein Bar	2 oz. Smoked Salmon & 1/3 cup mixed berries	Greek Yogurt with & 1/3 cup mixed berries	Small bowl of Leftover Mom's Chicken Soup	2 oz. Smoked Salmon & 1/3 cup mixed berries	Small bowl of Leftover Mom's Chicken Soup	Frozen Green Popsicle
<b>Lunch</b>	Leftover Steak and Veggies with ½ Sweet Potato	Leftover Frittata with 1/3 Avocado Slices and an Apple	Leftover Mom's Chicken Soup	Leftover Salmon over med Green Salad & Veg with 1 Tbs. Balsamic Vin.	<b>CHEAT MEAL!!</b>	Leftover Pork Chop with Mango Salsa and Squash	Leftover Pork Chop w/ Squash & Steamed Broccoli
<b>Dinner</b>	Breakfast for Dinner: Frittata Time! Add 3 slices avocado	Mom's Chicken Soup ☺	Salmon Steaks w/ Grapefruit and Steamed Broccoli & ½ sweet potato	Med Green Salad, 4 oz Turkey, w/ lots of veggies & 1 Tbs. Vinaigrette	Grilled Pork Chops w/ Mango Salsa, Steamed Asparagus & Spaghetti Squash	<b>CHEAT MEAL!</b>	Large Green Salad w/ veggies, 4 oz. Tuna, & 1 Tbs. Balsamic Vin.