

Week #3:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 Egg Muffins with 3 slices of Avocado & Tomato	Green Smoothie w/ Protein Powder	Choc & Coconut Superfood Shake -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
Snack	120g 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
Lunch	Med Green Salad w/ veggies, 120g Turkey & 1 Tbs. Balsamic Vin.	Leftover Chicken with Rutabaga & Broccoli	Leftover Salmon Steaks w/ Grapefruit, Asparagus & ½ Sweet Potato	120g Leftover Chicken with ½ an Avocado and side of broccoli	Leftovers! (any 120g protein with 2 servings of veg.)	Lettuce Wrap with balsamic, 120g Tuna, and lots of Veggies	Leftover Pork Tenderloin w/ Brussels Sprouts & Cauliflower
Dinner	Easy Breezy Chicken Breast w/ Mashed Rutabaga & Steamed Broccoli	Salmon Steaks w/ Grapefruit and Steamed Asparagus	Med Green Salad w/ veggies, 120g Turkey, & 1 Tbs. Apple Cider Vinaigrette	Med Green Salad w/ veggies, 120g Turkey, ¼ Avocado, & 1 Tbs. Balsamic Vinaigrette	CHEAT MEAL!	Herb Marinated Pork Tenderloin w/ Balsamic Roasted Brussels Sprouts & optional mashed Cauliflower	Green Smoothie