

Weekly Meal Plan

HOW TO GET YOUR DIET
BACK ON TRACK

meal one

meal two

meal three

M

two egg omelettes
with tomatoes

tomato, peach and
basil salad with sliced
chicken

grilled halibut,
spinach, grilled
squash

T

protein shake
with strawberries

veggie poke bowl with
mango, avocado,
cucumber and spinach

ground turkey lettuce
wraps with corn and
black beans

W

scrambled eggs,
turkey bacon, sautéed
spinach

greek yogurt chicken
salad on whole wheat
bread

chicken breast,
steamed broccoli,
spinach salad

T

avocado toast with
poached egg

tuna with avocado,
cucumber, tomato
salad

tomato soup with side
caesar salad

F

greek yogurt topped
with whole grain
granola

quinoa salad with
spinach, cranberries
and pecans

roasted salmon with
green beans and
tomatoes