

## **1 Week Menu 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>	Scrambled Eggs, with – juiced drink of berries and greens	Scrambled Eggs and a banana	Rotisserie Chicken with juiced drink of berries and greens	Leftover pork chop with a side of avocado and berries	Scrambled eggs and side salad and tomatoes	Leftover chicken and juiced drink with greens and berries	Scrambled eggs with a side of banana slices
<b>Lunch</b>	Rotisserie Chicken with salad and cheese cubes	Leftover sautéed shrimp with side salad	Leftover chicken burger over side salad	Rotisserie chicken and side salad	Leftover flank steak over salad	Lunch out	Leftovers
<b>Dinner</b>	Sauteed Shrimp, Zucchini noodles with diced tomatoes and side salad	Bunless chicken burgers with sweet potato wedges and blue cheese	Baked pork chops with green beans	Grilled flank steak with salsa, cheese, avocado and lettuce, and black beans	Baked chicken with lemon butter sauce and broccoli	Chili with salsa and leftover black beans	Leftover or dinner out

**Beverages:**

**Water**Black coffee, Coconut Milk

**Tips for Success:**

- Plan ahead, and cook as much as you can in advance. Most of these meals take less than 30 minutes to cook. I typically search for recipes through Google’s search engine or use the [www.allrecipes.com](http://www.allrecipes.com) website.