







# Meal Planning

Week: 1

	BREAKFAST	LUNCH	SNACK/PRE WO	DINNER	EXERCISE	WATER
MONDAY	Antipasto Breakfast	Antipasto or Simple Green Salad with protein	Raw veggies, limited fruits, handful of nuts, 1/2 serving of protein (boiled egg, a few slices of prosciutto), olives, seaweed, in an emergency certain LARA Bars	Chicken Nuggets with Roasted Japanese Eggplant		
TUESDAY	Antipasto Breakfast	Antipasto or Simple Green Salad with protein	Raw veggies, limited fruits, handful of nuts, 1/2 serving of protein (boiled egg, a few slices of prosciutto), olives, seaweed, in an emergency certain LARA Bars	Asian Meatballs & Baked Zoodle Shoestring Fries		
WEDNESDAY	Antipasto Breakfast	Antipasto or Simple Green Salad with protein	Raw veggies, limited fruits, handful of nuts, 1/2 serving of protein (boiled egg, a few slices of prosciutto), olives, seaweed, in an emergency certain LARA Bars	Teriyaki Salmon & Roasted Cardamom Sweet Potatoes		
THURSDAY	Antipasto Breakfast	Antipasto or Simple Green Salad with protein	Raw veggies, limited fruits, handful of nuts, 1/2 serving of protein (boiled egg, a few slices of prosciutto), olives, seaweed, in an emergency certain LARA Bars	The Whole 30 Chili		
FRIDAY	Antipasto Breakfast	Antipasto or Simple Green Salad with protein or Left-over Chili	Raw veggies, limited fruits, handful of nuts, 1/2 serving of protein (boiled egg, a few slices of prosciutto), olives, seaweed, in an emergency certain LARA Bars	Roast Chicken* with Vegetables <i>*make two if you won't have enough leftover to pull off for the</i>		
SATURDAY	Eggs, Bacon, and sliced cucumber and/ or peppers	Chinese Chicken Salad	Raw veggies, limited fruits, handful of nuts, 1/2 serving of protein (boiled egg, a few slices of prosciutto), olives, seaweed, in an emergency certain LARA Bars	Sausage (Aidell's Chicken & Apple) & Hasselback Potatoes		
SUNDAY	Eggs, Bacon, and sliced cucumber and/ or peppers	Chinese Chicken Salad	Raw veggies, limited fruits, handful of nuts, 1/2 serving of protein (boiled egg, a few slices of prosciutto), olives, seaweed, in an emergency certain LARA Bars	Pan-Fried Fish with Cold Zoodle Salad		