

Weekly Meal Plan

EARN / SPEND LIVE

Prep Day

- Chop veggies
- Cook enough veggies to last 2-3 days
- Cook protein for the week and divide into portions.
- Cook grains for the week.
- Wash fruits and divide into portions.
- Freeze fruits for smoothies in serving-sized bags.

Day 2

Breakfast

Smoothie (banana, spinach, peanut butter, protein powder)

Morning snack

Fruit of choice

Lunch

Grilled chicken (½ breast)
½ mashed sweet potato

Afternoon snack

Granola bar

Dinner

Lemon pepper chicken (½ breast)
Green beans

Day 1

Breakfast

Smoothie (strawberry, ½ banana, spinach, protein powder)

Morning snack

Fruit of choice

Lunch

Salmon (½ filet)
Salad with raw veggies

Afternoon snack

Nuts

Dinner

Baked chicken (½ breast) & steamed asparagus
Quinoa or brown rice

Day 3

Breakfast

Smoothie (strawberry, ½ banana, spinach, protein powder)

Morning snack

Fruit of choice

Lunch

Salmon (½ filet)
Salad with raw veggies & dressing of choice

Afternoon snack

Nuts

Dinner

Baked chicken (½ breast) & steamed asparagus
Quinoa

- Cook veggies for the rest of the week

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Day 4

Breakfast

Smoothie (banana, spinach, peanut butter, protein powder)

Morning snack

Fruit of choice

Lunch

Lemon pepper chicken (½ breast)
Salad with raw veggies & dressing of choice

Afternoon snack

Granola bar

Dinner

Grilled chicken (½ breast) & green beans
½ mashed sweet potato

Day 6

Breakfast

Smoothie (banana, spinach, peanut butter, protein powder)

Morning snack

Fruit of choice

Lunch

Protein of choice
Salad with raw veggies & dressing of choice

Afternoon snack

Granola bar

Dinner

Protein of choice & veggies
Quinoa

Day 5

Breakfast

Smoothie (strawberry, ½ banana, spinach, protein powder)

Morning snack

Fruit of choice

Lunch

Protein of choice
Salad with raw veggies & dressing of choice

Afternoon snack

Nuts

Dinner

Protein of choices & veggies
Quinoa

Day 7

LEFTOVERS ALL DAY

Notes
