



THE LITTLE BLACK DRESS

Meal Plan Week 6

	BREAKFAST	SNACK 1	LUNCH	DINNER
MONDAY	Green smoothie w/ protein powder	Protein bar	Leftover steak and veggies with ½ sweet potato	Breakfast for dinner! Frittata, add 3 slices avocado
TUESDAY	Chocolate & coconut superfood shake	2 oz (56 g) smoked salmon & ⅓ cup (50 g) mixed berries	Leftover frittata with 1/3 avocado slices and an apple	Mom's Chicken Soup
WEDNESDAY	Green smoothie w/ protein (make double batch & freeze for popsicle on Sunday)	Greek yogurt with & 1/3 cup (50 g) mixed berries	Leftover mom's chicken soup	Salmon steaks w/ grapefruit and steamed broccoli & ½ sweet potato
THURSDAY	Leftover frittata w/ ½ avocado and sliced tomato	Small bowl of leftover mom's chicken soup	Leftover salmon over medium green salad & veggies with 1 Tbs. balsamic vinaigrette	Medium green salad, 4 oz (112 g) turkey, w/ lots of veggies & 1 Tbs. vinaigrette
FRIDAY	Chocolate & coconut superfood shake	2 oz (56 g) smoked salmon & ⅓ cup (50 g) mixed berries	CHEAT MEAL!	Grilled pork chops w/ mango salsa, steamed asparagus & spaghetti squash
SATURDAY	Green smoothie w/ protein powder	Small bowl of leftover mom's chicken soup	Leftover pork chop with mango salsa and squash	CHEAT MEAL!
SUNDAY	Pumpkin pancakes with banana & pecans	Frozen green popsicle	Leftover pork chop w/ squash & steamed broccoli	Large green salad w/ veggies, 4 oz (112 g) tuna, & 1 Tbs. balsamic vinaigrette

My notes