



# THE LITTLE BLACK DRESS

## Meal Plan Week 1

BREAKFAST

SNACK 1

LUNCH

DINNER

	BREAKFAST	SNACK 1	LUNCH	DINNER
MONDAY	Green smoothie	Water	Large green salad w/ veggies & 1 Tbs. apple cider vinaigrette	"Naked" lettuce wrap with veggies and 2 oz. (56 g) sliced turkey
TUESDAY	Green smoothie	Water	"Naked" lettuce wrap with veggies	Large green salad w/ veggies, 3 oz. (84 g) tuna & 1 Tbs. apple cider vinaigrette
WEDNESDAY	Green smoothie	Protein bar	4 oz. (112 g) turkey burger (no bun) with grilled onions, 1/3 avocado, tomato & an apple	Large green salad w/ veggies, 4oz. (112 g) sliced turkey, & 1 Tbs. balsamic vinaigrette
THURSDAY	Green smoothie with protein powder	1/4 cup homemade trail mix	"Naked" lettuce wrap with veggies & 4 oz. (112 g) tuna	Chopped turkey burger w/ spaghetti squash, tomato sauce, & steamed broccoli
FRIDAY	Chocolate & coconut superfood shake -or- green smoothie w/ protein	1 hard-boiled egg w/ 1 cup (110 g) baby carrots	Large green salad with 4 oz. (112 g) sliced turkey, veggies, 1/4 sliced avocado & 1 Tbs. balsamic vinaigrette	Quick & easy baked salmon w/ leftover spaghetti squash
SATURDAY	Pumpkin pancakes with blueberries, banana & pecans	Kale chips	Leftover salmon & veggies with a small salad & splash of balsamic vinaigrette	CHEAT MEAL!
SUNDAY	Frittata with zucchini, onion, tomato, spinach, & bacon (save leftovers for Tue)	1 cup (110 g) baby carrots & small spoonful of almond butter	Large green salad w/ veggies, crumbled turkey burger, 1/4 sliced avocado & 1 Tbs. balsamic vinaigrette	Grilled pork chops w/ mango salsa & steamed asparagus (make salsa ahead)

My notes: