



# THE LITTLE BLACK DRESS

## Meal Plan Week 5

	BREAKFAST	SNACK 1	LUNCH	DINNER
MONDAY	Leftover pancakes with blueberries and pecans	Protein bar	"Naked" lettuce wrap w/ balsamic, veggies & 4 oz (112 g) turkey	Baked halibut & veggies in pouch w/ steamed asparagus or broccoli
TUESDAY	Green smoothie w/ protein powder	½ cup (75 g) of strawberries & handful of raw nuts	Leftover halibut & veggies over salad greens w/ 1 Tbs. apple cider vinaigrette	Medium green salad w/ veggies, 4 oz. (112 g) tuna, & 1 Tbs. balsamic vinaigrette
WEDNESDAY	2 scrambled eggs w/ 1 slice of Ezekiel bread, 3 slices of avocado, & ½ grapefruit	¼ cup (30 g) homemade trail mix	Leftover halibut & veggies with ½ sweet potato	4 oz (112 g) turkey with 2 cups (200 g) veggies & ⅓ avocado
THURSDAY	Green smoothie (no protein powder)	Protein bar	CHEAT MEAL!	Baked chicken oreganata w/ mashed cauliflower & sautéed spinach
FRIDAY	Green smoothie w/ protein powder	Greek yogurt w/ 1/3 cup strawberries	Leftover baked chicken oreganata, veggies, & ½ sweet potato	Grilled steak w/ mixed veggies (can sub chicken) w/ medium salad & 1 Tbs. balsamic vinaigrette
SATURDAY	Omelet with spinach, broccoli, tomato, pepper, onion + ½ grapefruit	Leftover chicken oreganata + 1 cup (100-150g) veggies + ⅓ avocado	Leftover cold steak & veggies over salad greens & 1 Tbs. balsamic vinaigrette	CHEAT MEAL!
SUNDAY	Green smoothie (no protein powder)	1-2 cup veggies + ½ cup (75g) strawberries	Large green salad w/ veggies, 1 Tbs. balsamic vinaigrette	Green smoothie w/ protein powder (light in fruit, no banana)

My notes