



THE LITTLE BLACK DRESS

Meal Plan Week 4

BREAKFAST

SNACK 1

LUNCH

DINNER

	BREAKFAST	SNACK 1	LUNCH	DINNER
MONDAY	Green smoothie w/ protein powder	Plain Greek yogurt w/ ¼ cup (40g) fresh blueberries	Large green salad w/ 4 oz (112g) turkey, veggies, ¼ avocado, & 1 Tbs. apple cider vinegar	Lemon pepper baked cod w/ steamed broccoli
TUESDAY	2 scrambled eggs with 1 slice of Ezekiel bread, 3 slices of avocado, & ½ grapefruit	Protein bar	Leftover lemon pepper baked cod w/ steamed veggies	Chicken & pineapple skewers w/ guacamole
WEDNESDAY	Green smoothie w/ protein powder	2 oz (56 g) smoked salmon & ¾ cup (120 g) of honeydew or cantaloupe	Leftover chicken & pineapple skewers w/ guacamole	Medium green salad w/ veggies, 4 oz (112 g) turkey, & 1 Tbs. balsamic vinaigrette
THURSDAY	Green smoothie w/ protein powder	Hard-boiled egg & ½ grapefruit	Leftover chicken and pineapple skewers + steamed broccoli + ¼ avocado	Sautéed shrimp in tomato garlic sauce w/ spaghetti squash
FRIDAY	Chocolate & coconut superfood shake -or- green smoothie w/ protein	Plain Greek yogurt w/ ¼ cup (40 g) fresh blueberries	Leftover sautéed shrimp in tomato garlic sauce w/ spaghetti squash	CHEAT MEAL!
SATURDAY	2 scrambled eggs w/ 1 slice of Ezekiel, grilled onions, tomato, spinach, & 1-2 slices bacon	2 oz (56 g) smoked salmon & ¾ cup of honeydew or cantaloupe	CHEAT MEAL!	Large green salad w/ veggies & fresh squeezed lemon as dressing
SUNDAY	Pumpkin pancakes with blueberries, banana & pecans	Apple w/ 2 Tbs. almond butter	Leftover shrimp with steamed broccoli	Green smoothie w/ protein powder (light in fruit, no banana)

My notes