



# THE LITTLE BLACK DRESS

## Meal Plan Week 2

	BREAKFAST	SNACK 1	LUNCH	DINNER
MONDAY	Leftover slice of frittata w/ 3 slices of avocado, & ½ grapefruit	2 oz. (56 g) smoked salmon & fresh sliced tomato	Leftover grilled pork chops w/ mango salsa & steamed asparagus	Large green salad w/ veggies, 4oz. (112 g) chicken (or turkey), & 1 Tbs. balsamic vinaigrette
TUESDAY	Green smoothie w/ protein powder	1 hard-boiled egg with ½ grapefruit	4 oz (112 g) tuna fish with balsamic, 3 slices avocado & lots of fresh cut veggies	10-12 oz. Mom's Chicken Soup
WEDNESDAY	Green smoothie w/ protein powder	2 oz (56 g) smoked salmon & fresh sliced tomato	Leftover mom's chicken soup	4 oz. (112 g) turkey burger (no bun) with grilled onions, 1/3 avocado, & steamed broccoli
THURSDAY	Green smoothie (no protein powder)	Small bowl of leftover mom's chicken soup	"Naked" lettuce wrap w/ balsamic, veggies, & an apple	Medium green salad w/ veggies and fresh squeezed lemon as dressing
FRIDAY	Green smoothie w/ protein powder	Small bowl of leftover mom's chicken soup	Avocado egg salad on 2 thick tomato slices & 1 piece of fruit	CHEAT MEAL!
SATURDAY	Chocolate & coconut superfood shake	4 oz (112 g) plain Greek yogurt w/ 1 sliced peach	4 oz (112 g) tuna fish with balsamic, 3 slices avocado & lots of fresh cut veggies	Grilled steak w/ mixed veggies (can sub chicken) w/ med. salad & 1 Tbs. balsamic vinaigrette
SUNDAY	2 egg muffins w/ 3 slices of avocado, & tomato	Protein bar	Leftover steak & veggies w/ ½ sweet potato (save other ½ for next wed.)	Green smoothie w/ protein powder

My notes