



# THE LITTLE BLACK DRESS

## Meal Plan Week 3

### BREAKFAST

### SNACK 1

### LUNCH

### DINNER

	BREAKFAST	SNACK 1	LUNCH	DINNER
MONDAY	2 egg muffins with 3 slices of avocado & tomato	4 oz. (112 g) plain Greek yogurt with 1 piece fruit	Medium green salad w/ veggies, 4oz. (112 g) turkey & 1 Tbs. balsamic vinaigrette	Easy breezy chicken breast w/ mashed rutabaga & steamed broccoli
TUESDAY	Green smoothie w/ protein powder	¼ cup (30 g) homemade trail mix	Leftover chicken with rutabaga & broccoli	Salmon steaks w/ grapefruit and steamed asparagus
WEDNESDAY	Chocolate & coconut superfood -or- green smoothie w/ protein	Protein bar	Leftover salmon steaks w/ grapefruit, asparagus & ½ sweet potato	Medium green salad w/ veggies, 4 oz (112 g) turkey, & 1 Tbs. apple cider vinaigrette
THURSDAY	2 egg cupcakes with 3 slices of avocado, and tomato	Apple with 2 Tbs. of almond butter	4 oz. (112 g) Leftover chicken with ½ an avocado and side of broccoli	Medium green salad w/ veggies, 4 oz (112 g) turkey, ¼ avocado, & 1 Tbs. balsamic vinaigrette
FRIDAY	Green smoothie	1 hard-boiled egg w/ 1 piece fruit	Leftovers! (any 4 oz (112 g) protein with 2 servings of veg.)	CHEAT MEAL!
SATURDAY	Frittata with zucchini, onion, tomato, spinach, & bacon	Protein bar	Lettuce wrap with balsamic, 4 oz (112 g) tuna, and lots of veggies	Herb-marinated pork tenderloin w/ brussels sprouts & optional mashed cauliflower
SUNDAY	Leftover slice of frittata w/ 3 slices of avocado	Water	Leftover pork tenderloin w/ brussels sprouts & cauliflower	Green smoothie

My notes