

Get LEAN in 2015 Weekly Meals

January 12 -18

Breakfast



Apple Spice Muffin*

Whole Wheat Toast with 1
Tablespoon Almond Butter

Oatmeal with 1 Teaspoon Walnuts,
2 Tablespoons Raisins, non-fat
Milk, Organic Brown Sugar, Cin-
namond and Nutmeg.

Luna Bar and 1 Banana

Protein Shake: 1 Cup Almond
Milk, 1 Cup Strawberries, 1 Scoop
Protein Powder.

2 Eggs Over Easy and 2 Pieces of
Low Sodium Ham

Egg White Omelete w/ Tomatos,
Mushrooms and Non-fat Cheese.

Snack



1/2 Cup Plantain Chips

Mini Carrots and Hummus

Tail Mix: 1/4 Cup of Walnuts, 1/4
Cup Raisins, 1/4 Cup Almonds

1 Cup Blackberries & Raspberries

1/4 Cup Dried Apricots

1 Hard Boiled Egg, Sliced Tomato
with Sea Salt

Dried Mango Slices

Healthy Smoothie: Almond Milk,
Cup Frozen Strawberries, Frozen
Banana, 1 Scoop Protein Powder

1 Tablespoon Peanut Butter, 1
Banana

Lunch



Sliced Chicken Sandwich on
Wheat Bread, 1 Orange and Slices
of Cucumber

Spinach Salad with Sliced Tomato-
s, Cucumber, Sweet Peppers, 1
Can of Lemon Pepper Tuna.

Healthy Chicken Salad
Sandwich (Shredded Chicken,
Celery, Sliced Grapes, Greek
Yogurt), Apple, Pop Chips

Peanut Butter Sandwich on Whole
Wheat Bread, Green Apple, Plain
Greek Yogurt

Steak Salad with Low Fat
Mozzerella Cheese and Arugula

Vegetable Soup, 1 Whole Wheat
Roll, Side Salad

Dinner



Grilled Mahi Mahi, Sauteed Herb
Green Beans, and a Side Salad

Grilled Portobello Mushroom,
Baked Potato, Side of Steamed
Broccoli

Baked Trader Joe's Salmon Burger
on a Whole Wheat Bun, Zucchini
Chips, Side Salad

Herb Crusted Pork Roast, Mixed
Vegetables and Corn on the Cobb

Salmon, Asparagus, Spinach and
Mozzerella Salad

Whole Wheat Pasta, Tomato Sauce,
Sautéed Zucchini

Sirloin Steak, Steamed Carrots,
Spinach Side Salad

* Recipe Available on SummerGirlFitness.com