

Get LEAN in 2015 Weekly Meals

January 19 - February 1

Breakfast



Steel Cut Oatmeal with Dried Fruit, Brown Sugar, Almond Milk

3 Sliced of Low Sodium Turkey, 1 Hard Boiled Egg, 1 Cup of Sliced Cantaloupe

Oatmeal with 1 Teaspoon Walnuts, 2 Tablespoons Raisins, non-fat

Chocolate Banana Protein Shake*

Protein Shake: 1 Greek Yogurt, 1 Cup Mango, 1 Scoop Protein Powder.

2 Scrambled Eggs, 2 Pieces of Turkey Bacon, Sliced Pineapple and Mango

Yogurt Parfait with Berries and Healthy low fat Granola

Snack



Tropical Fruit Bowl

Greek Yogurt and Fresh Berries

Tail Mix: 1/4 Cup Dried Bananas, 1/4 Cup Almonds, 1/4 Cup Pecans, 1/4 Cup Raisins

1 Banana, 1 Tbsp Macadamia Nut Butter

1 Cup Dried Strawberries

Sliced Sweet Peppers and Hummus

1 Mango and 1/4 Cup Almonds

Healthy Smoothie: Coconut Water, Cup Frozen Mango, Frozen Banana, 1 Scoop Protein Powder

Celery Stalks and Cheese Stick

Lunch



Vegetable Sushi, Salad with Ginger Dressing, Sliced Pears

Kale Salad with Sliced Tomatoes, Cucumber, Sweet Peppers, Hard Boiled Egg

Spinach Wrap with Grilled Chicken, Avocado, and Mango Salsa.

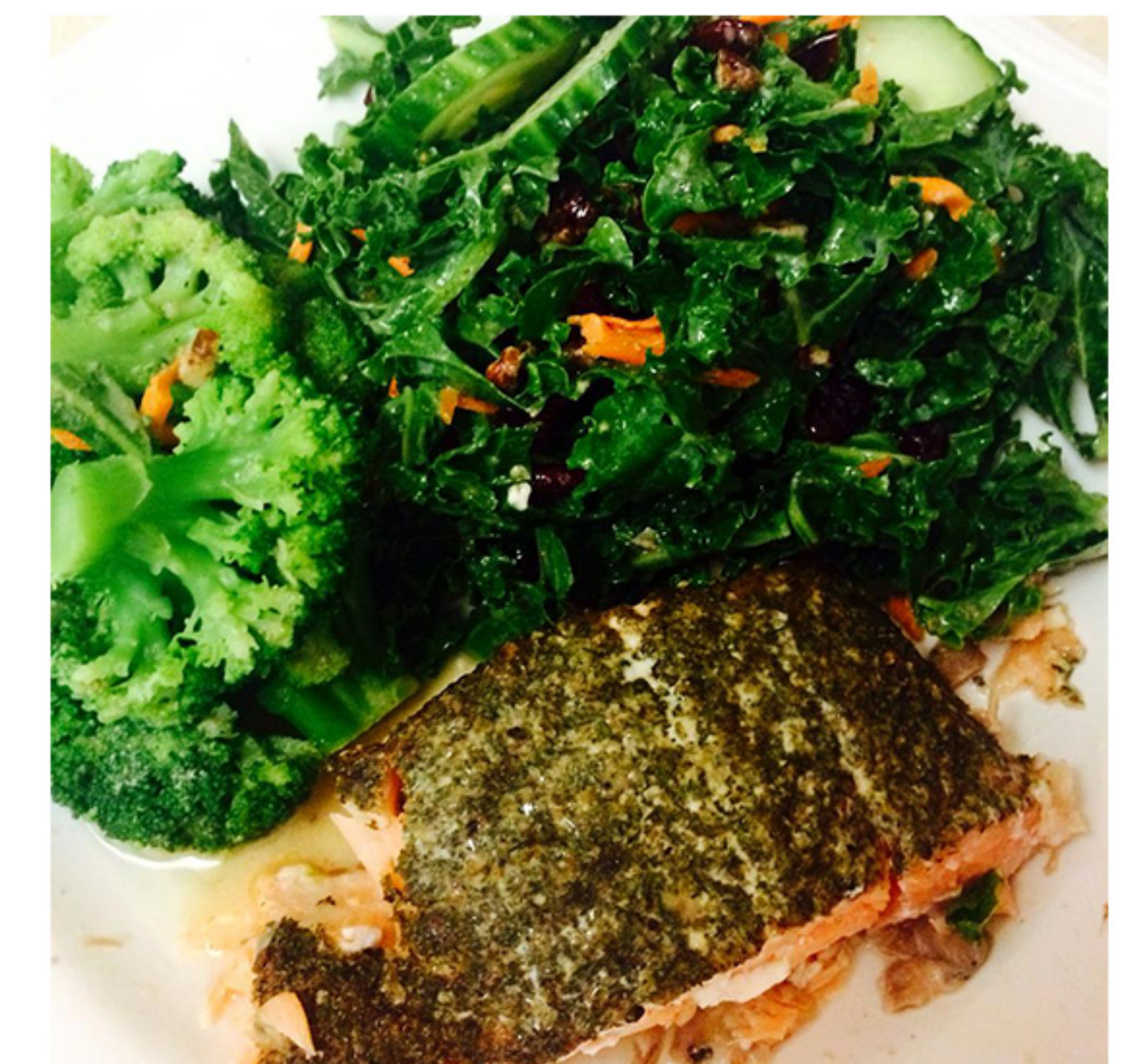
Peanut Butter Sandwich on Whole Wheat Bread, Green Apple, Plain Greek Yogurt

Thai Lettuce Wrap with Chicken, Sprouts, Tomatoes and Cucumber

Chicken Noodle Soup, 1 Whole Wheat Roll, Side Salad

Flat bread with Grilled Egg plant, Olives, Tomatoes & low fat cheese

Dinner



Grilled Chicken, Asparagus, and a Side Salad

Grilled Portobello Mushroom, Baked Potato, Side of Steamed Broccoli

Turkey Burger in a Lettuce Leaf with Low Fat Cheese and Tomato

Grilled Tilapia, Mixed Vegetables and Corn on the Cobb

Kabobs with Chicken, Sweet Peppers, Onions and Mushrooms

Whole Wheat Pasta, with Spinach, Tomato, Olives and Parmesan Cheese.

Sirloin Steak, Steamed Broccoli, Kale Side Salad

* Recipe Available on SummerGirlFitness.com