

Get LEAN in 2015 Weekly Meals

January 1 -10

Breakfast



Raisin Walnut Spice Bread*

Whole Wheat Toast with 1 Tablespoon Peanut Butter

Oatmeal with 1 Teaspoon Walnuts, 2 Tablespoons Berries, non-fat Milk and Organic Brown Sugar.

Think Thin Protein Bar and 1 Banana or Grapefruit

Protein Shake: 1 Cup Almond Milk, 1 Greek Yogurt, 1 Cup Berries, 1 Scoop Protein Powder.

Whole Wheat Toast with 1 Tablespoon Almond Butter

1 Luna Bar and 1 Banana

2 Scrambled Eggs and 2 Pieces of Turkey Bacon

1 Grapefruit, 1 Greek Yogurt with tsp. Chia Seeds

Snack



1 Apple w/ Tbsp. Peanut Butter

Greek Yogurt

Ants on a Log: Celery, Peanut Butter and Raisins

1/4 Cup of Almonds, 1/4 Cup Dried Cranberries/Raisins

1 Cup of Grapes

1 Non-Fat Mozzarella Cheese Stick, 1/4 Cup Wheat Crackers

1 Hard Boiled Egg, 1/4 Cup Pistachio Nuts

Dried Mango Slices

Healthy Smoothie: Coconut Water, Frozen Banana, Frozen Mango Pieces

Bowl of Mixed Berries: Strawberries, Blueberries, Blackberries

Lunch



Turkey Sandwich on Wheat Bread, Apple and Sliced Tomato

Black Bean Soup, Whole Wheat roll and Side Salad

Hard Boiled Egg, 1/2 an Avocado, Large Tomato, Whole Wheat Toast

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

Peanut Butter Sandwich, Apple, Greek Yogurt

Amy's Frozen Burrito, Cup of Grapes, Side Salad

Chicken Noodle Soup, 1 Whole Wheat Roll, Side Salad

Giant Salad w/ Cucumbers, Sweet Peppers, Sliced Chicken, Sunflower Seeds and Dried Cranberries

Dinner



Grilled Shrimp, Whole Wheat Pasta with Tomato Sauce and a Side Salad

Grilled Eggplant, Boiled Potatoes, Side of Asparagus

Turkey Burger, Zucchini Chips, Side Salad

Baked Chicken, Green Beans and Corn on the Cobb

Salmon, Asparagus, Spinach and Mozzarella Salad

Vegetarian Lasagna, Side Salad

Whole Wheat Pasta, Tomato Sauce, Sautéed Zucchini

Chicken Noodle Soup, Whole Wheat Roll, Side Salad

Sirloin Steak, Steamed Broccoli, Kale Side Salad

* Recipe Available on SummerGirlFitness.com