



LUNCH OPTIONS

Quinoa Bowl Prep

- Grilled Chicken or Fish 4-6oz
- Quinoa cooked 1/2 cup
- avocado 1/2
- olives
- spinach
- tomato
- garbanzo 1/2 cup
- Italian dressing

Meal Prep Madness TOGO

- Grilled Chicken 4-6oz
- Broccoli 2 cups
- Jasmine Rice 1/2 cup
- Sriracha glaze

Lean Meal Prep

- Lean Ground Beef 4-6oz
- Sweet Potato/Sea Salt
- Fresh Green Beans
- Teriyaki Glaze

BREAKFAST OPTIONS

Pumpkin Protein Smoothie

- 1 serving protein powder(vanilla)
- Canned Pumpkin puree
- Banana 1/2
- Apple 1/4
- cinnamon
- Agave
- Almond or coconut milk
- ice/blend/serve

SouthWest Egg Scramble

- Eggs 2
- Spinach 1/2 cup
- Peppers 1/2
- Shredded Bacon-cook, cut
- Cut up potato-cut, cook
- Stove top, scramble in and enjoy!

Parfait

- Greek Yogurt 1/2 cup
- Raspberries 1/4 cup
- Blueberries 1/4 cup
- Granola 1/4 cup

Apple Pie Overnight Oats

- Apple Pie Overnight Oats
- Plain Greek Yogurt 1/2 cup
- Rolled Oats 1/2 cup
- Chia Seeds 2 Tbsp
- Chopped Pecans 1/4 cup
- chopped apple 1/2
- agave 2 tbsp
- cinnamon
- Refrigerate/GrabnGo

Protein Shakes on the Go!

- Great Options with optimal Nutrition:
 - Shakeology
 - Ka'Chava

DINNER OPTIONS

Lasagna Night & "Left Overs"

- ground beef 8-10oz
- 1 onion
- 2 zucchini
- 1 squash
- canned tomatoes 4oz
- tomato sauce 8-10oz
- garlic powder/salt/pepper
- dried parsley 1/2 tsp
- dried basil 1/2 tsp
- lasagna noodles 1 small box
- cottage cheese 8oz
- parmesan 1/2 cup
- mozzarella 1 cup
- Bake at 350 for 45+ min covered, uncovered for 5 min

Mex Quinoa Bowl

- Grilled Chicken or Beef 4-6
- Quinoa cooked 1/2 cup
- avocado 1/2
- Black Beans 1/2 cups
- yellow corn 1/4 cup
- salsa 1/4 cup
- cilantro
- lime

Pizza Night

- Thin Sliced Grilled Chicken 6-8oz
- Pepperoni (light)
- Whole Grain crust
- Red Pizza Sauce 1 can
- Part Skim Mozz. 1/2-1 cup
- Part Skim Ricotta 1/2-1 cup
- chopped fresh spinach
- Mushroom
- (put the veggies you like)
- Bake at 400 for 15+ min. (depends on crust and toppings)-the more topping- the longer to bake

SNACKS

Meal Prep Granola Bars

- Dates-cut or blend these up
- Almonds
- Oats
- Peanut Butter
- Honey or Agave
- Mix together, freezer or fridge, divide and go!