



# WEEK 3 MEAL PLAN



|           | MONDAY                                      | TUESDAY  | WEDNESDAY  | THURSDAY                                  | FRIDAY   | SATURDAY   | SUNDAY                                     |
|-----------|---|--|--|---|--|--|--|
| WAKE-UP   | Good Morning Shot                           | Good Morning Shot                                    | Good Morning Shot  | Good Morning Shot                         | Good Morning Shot                                    | Good Morning Shot                                    | Good Morning Shot                          |
| BREAKFAST | Vanilla Almond Smoothie                     | Berry Good Morning Smoothie                          | Brain Booster Smoothie                                       | 2 Frittata Muffins & Sliced Avocado       | 2 Frittata Muffins & 1 Slice Whole Wheat Bread       | Saturday Morning Power Skillet                       | Veggie Scramble w/ Leftover Hash           |
| SNACK     | Raw Veggies & Fruit                         | 4 oz. Sliced Deli Turkey + Sliced Tomato             | 4 oz. Sliced Deli Turkey + Sliced Tomato                     | Raw Veggies & Fruit                       | Raw Veggies  | Apple with 1 Tb Almond Butter                        | Raw Veggies                                |
| LUNCH     | Turkey Roll-Ups w/ Small Salad and an Apple | Leftover Cilantro Lime Chicken & Protein Grain Salad | Leftover Cilantro Lime Chicken & 1/4 cup Protein Grain Salad | Leftover Butternut Squash Soup & an Apple | Chicken Salad Roll-Up w/ 1 cup Butternut Squash Soup | Chicken Salad Roll-Up w/ 1 cup Butternut Squash Soup | Leftover Broiled Salmon w/ Sauteed Spinach |
| DINNER    | Cilantro Lime Chicken & Protein Grain Salad | Fennel, Pear, and Arugula Salad w/ Sliced Turkey     | Butternut Squash Soup & Small Salad                          | Summer Salad                              | <b>FREE MEAL!</b>                                    | Broiled Salmon w/ Sauteed Spinach                    | Summer Salad                               |

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