



# WEEK 2 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	Sprouted Protein Smoothie	2-3 Frittata Muffins w/ Sliced Avocado	Overnight Oats + Fresh Berries	Sprouted Protein Smoothie	Chia Berry Smoothie	Veggie Scramble w/ 1 Slice Whole Wheat Bread	Pumpkin Pancakes w/ 1/2 Banana + Raw Walnuts
SNACK	Greek Yogurt w/ Fresh Berries	Fresh Fruit & Veggies	1 cup Minestrone Soup	1 cup Minestrone Soup	Greek Yogurt w/ Fresh Berries	Fresh Cut Veggies	Apple with 1 Tb Almond Butter
LUNCH	1 cup Minestrone w/ Salad & Veggies	Leftover Pan Seared Trout w/ Zucchini Pasta	Leftover Grass-Fed Burger w/ Roasted Butternut Squash & Mixed Veggies	Leftover Grass-Fed Burger w/ Roasted Butternut Squash & Mixed Veggies	Turkey Roll-Ups w/ Avocado + Fresh Veggies	Leftover Shrimp + Spaghetti Squash w/ Broccoli	Blueberry, Avocado & Quinoa Salad
DINNER	Pan Seared Trout w/ Zucchini Pasta	Grass-Fed Burger (no bun) w/ Roasted Butternut Squash & Steamed Mixed Veggies	Summer Salad	Veggie Omelet w/ 1 Slice Whole Wheat Bread & 1/3 Avocado	Sauteed Shrimp w/ Spaghetti Squash & Roasted Broccoli	<b>FREE MEAL!</b>	Summer Salad

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