



5-DAY

MEAL PLANNER

M/W/F

BREAKFAST

Scrambled Eggs w/your favorite
Veggies + Bacon & Fresh Fruit

LUNCH

Chef salad w/ homemade Ranch

DINNER

Grilled/Baked/Seared Chicken
Breast w/steamed Brussels Sprouts

T/TH

BREAKFAST

No-Oat Oatmeal topped with
Blueberries & Strawberries

LUNCH

Buffalo Chicken salad w/ fresh
fruit

DINNER

Pan-seared Porkchop w/ Oven
roasted Sweet Potatoes & Roasted
Broccoli