

MEAL SCHEDULE



	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	Blueberry almond butter smoothie	Apple with almond butter	Salad with chicken and fruit/veggies	Hummus with veggies	White chicken chili
TUESDAY	Homemade oats in a jar	Handful of almonds	Leftover white chicken chili	Apple with almond butter	Salmon or chicken with broccoli
WEDNESDAY	Hard-boiled eggs with fruit	Handful of blueberries	Leftover white chicken chili	Hummus with veggies	Sweet potato crust pizza
THURSDAY	Hard-boiled eggs with fruit	Handful of blueberries	Leftovers or salad with chicken and fruit/veggies	Hummus with veggies	Salmon or chicken with side of roasted brussels sprouts
FRIDAY	Blueberry almond butter smoothie	Apple with almond butter	Salad with chicken and fruit/veggies	Handful of almonds	Spaghetti squash with ground meat of choice
SATURDAY	Homemade oats in a jar	Handful of almonds	Waldorf chicken salad	Hummus with veggies	Leftover spaghetti squash