

5-day meal plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Bacon and Eggs	Yogurt with Granola	Peanut Butter and Banana Toast	English muffin sandwich (egg, ham, cheese)	Bacon and Eggs
LUNCH	Tossed Salad with your fav dressing	Eat out!!	BBQ Chicken sandwich with Chips	Chicken Fajitas Salad	Leftover from the week
DINNER	Chicken Fajitas with Beans	BBQ Chicken with roasted bell peppers, onions and broccoli	Grilled Mandarin Chicken with Rice and sautéed veggies	Fresh Baked Chicken with stuffing and favorite veggie	Eat out!!!

Toss in 2 snacks when you feel like you are getting hungry. Nuts, fruit and of course veggies and a super great snack. But it's ok to have that candy bar at 3pm when you know you need it to get through the rest of the day.

Snack prep:

-bag up fruits and veggies when you are prepping your meals on Sunday (I love raw veggies as long as I can dip them in ranch) (the pre-packaged apples are such a simple way to eat apples)

-buy prepackaged nuts at Trader Joe's. They come in a variety of mixes, are yummy and are the perfect snack size

-pre-package your candy snacks!!

-have lots of water when you are hungry!!

Feel free to contact [Elizabeth Burnett](#) with questions.