

WEEKLY MEAL PLAN

6 Week Waist Snatch Challenge

MONDAY

BREAKFAST:
1 cup Greek yogurt + chia + blueberries + walnuts

LUNCH:
6 Oz Grilled chicken + avocado + mixed greens + cucumber + tomato

DINNER:
6 Oz Lemon-herb chicken + asparagus + brown rice

WEDNESDAY

BREAKFAST:
Berry Yogurt Bowl: Yogurt, berries, oats & peanut butter.

LUNCH:
6 oz Grilled chicken + avocado + mixed greens + cucumber + tomato

DINNER:
6 oz salmon, roasted potatoes, broccoli, side salad

TUESDAY

BREAKFAST:
Southwest Egg Bowl: Eggs, beans, rice & avocado

LUNCH:
6 Oz Grilled chicken + avocado + mixed greens + cucumber + tomato

DINNER:
6 oz lean ground beef, mixed vegetables, $\frac{3}{4}$ cup rice,

THURSDAY

BREAKFAST:
PB Protein Oats: Oats, protein powder, banana & peanut butter

LUNCH:
6 Oz Grilled chicken + avocado + mixed greens + cucumber + tomato

DINNER:
6 oz lean turkey meatballs, roasted zucchini

FRIDAY

BREAKFAST:
Cottage Cheese Bowl: Cottage cheese, eggs & veggie

LUNCH:
6 Oz Grilled chicken + avocado + mixed greens + cucumber + tomato

DINNER:
7 oz shrimp, 1 cup rice, broccoli/peppers, edamame, teriyaki

MORNING ANTIINFLAMMATORY DRINK



1 cup of Ginger & Lemon Tea or Warm Water

KETTLEBELLS



15 Minutes Per Day