

Breakfast

Joe's Egg Scramble

<https://nomnompaleo.com/joes-special-scramble>

Kale/Pineapple Smoothie (don't be afraid to drink green)

<https://www.nourishmovelove.com/energy-boosting-kale-pineapple-green-smoothie/>

PB banana oat bake

<https://fitfoodiefinds.com/peanut-butter-banana-oatmeal-bake//>

Lunch (keep it simple; 1 veggie, 1 protein or high fiber carb (beans), 1 fat

I like to cook a variety of proteins over the weekend and have them quick and ready to grab for lunches and snacks. Dip your grilled meat in mustard, salsa, chimichurri sauce

(<https://www.epicurious.com/recipes/food/views/chimichurri-sauce-107159>, steak sauce or plain yogurt with taco seasoning or ranch seasoning.

- Grill chicken or meats
- Hard boil eggs
- Buy canned beans, or better yet buy dry beans and cook them hands off in the crockpot
- Canned tuna and salmon are great for quick protein. Add a little plain yogurt and dip veggies for a meal/snack
- Plain greek yogurt with a handful of nuts and some chopped veggies make a great meal.

Dinner

Dijon Porkchops + tossed salad or cooked veggies

<https://www.skinnytaste.com/pork-chops-with-dijon-herb-sauce-525-ww/>

Chicken cacciatore + spaghetti squash

<https://www.skinnytaste.com/instant-pot-chicken-cacciatore/>

Chicken fajita Roll ups (enjoy with black beans and salsa)

http://www.eatyourselfskinny.com/baked-chicken-fajita-roll-ups/#_a5y_p=5580897

Black Bean Soup + tossed salad with salsa and tsp of plain yogurt

<https://www.pinterest.com/pin/329466528975294032/>

Snack List (Choose 1 between each meal)

<https://rebeldietitian.us/healthy-snacks/>

Treats

½-1 oz 70% dark chocolate

1 glass of wine

Fruit with 1 T nut butter