



Weekly Meal Plan

	Breakfast	Lunch	Dinner
Monday	No-oatmeal	Chicken salad on romaine, side of grapes	Crockpot chili
	Breakfast	Lunch	Dinner
Tuesday	Sweet potato hash and bacon	Leftover chili	Chicken apple stir fry
	Breakfast	Lunch	Dinner
Wednesday	Garbage omelet	Salad with leftover chicken	Burgers topped with fried eggs and grilled zucchini spears
	Breakfast	Lunch	Dinner
Thursday	Frozen fruit smoothie and hardboiled egg	Leftover burgers and veggies	Seared pork and sweet potatoes
	Breakfast	Lunch	Dinner
Friday	Scrambled eggs and sausage	Leftover pork	Crockpot beef rump roast with onions, carrots, and small potatoes
	Breakfast	Lunch	Dinner
Saturday	Banana pancakes and sausage	Snack on leftovers from the week	BLT UNwiches
	Breakfast	Lunch	Dinner
Sunday	Bacon and fried eggs with apple pear sweet potato hash	Leftovers	Mongolian beef

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