

WEEKLY MEAL PLANNER



	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	Garden Omelet	½ Quest Bar + Banana	Kale & Quinoa Salad with Steamed Shrimp	Chia Seed Pudding + Banana + Plain Yogurt	Mexican Chicken Souvlaki
TUESDAY	Garden Omelet	½ Quest Bar + Banana	Kale & Quinoa Salad with Steamed Shrimp	Chia Seed Pudding + Banana + Plain Yogurt	Mexican Chicken Souvlaki
WEDNESDAY	Garden Omelet	½ Quest Bar + Banana	Tuna Wrap	Chia Seed Pudding + Banana + Plain Yogurt	Quinoa, Chickpea, Cucumber and Feta Salad + Rotisserie Chicken
THURSDAY	Garden Omelet	½ Quest Bar + Banana	Tuna Wrap	Chia Seed Pudding + Banana + Plain Yogurt	Quinoa, Chickpea, Cucumber and Feta Salad + Rotisserie Chicken
FRIDAY	Garden Omelet	½ Quest Bar + Banana	Quinoa, Chickpea, Cucumber and Feta Salad + Rotisserie Chicken	Chia Seed Pudding + Banana + Plain Yogurt	Cheat