MEAL PLAN

MORNING SHOTS BEFORE WORKOUTS
SMOOTHIES FOR SNACKS
PROTEIN PANCAKES FOR SNACKS
CHEESE , OLIVES, 1 EGG

	MON	TUE	WED	THU	FRI
WEEK 1	B: SMOOTHIE L: REBOOT WRAP D: FISH AND VEGGIES	B: PROTEIN PANCAKES L: REBOOT WRAP D: FISH AND VEGGIES	B: SMOOTHIE L: REBOOT WRAP D: FISH AND VEGGIES	B: PROTEIN PANCAKES L: REBOOT WRAP D: FISH AND VEGGIES	B: SMOOTHIE L: REBOOT WRAP D: FISH AND VEGGIES
WEEK 2	B: BREAKFAST CASSEROLE L: COBB EGG SALAD D: GUMBO	B: BREAKFAST CASSEROLE L: COBB EGG SALAD D: GUMBO	B: BREAKFAST CASSEROLE L: COBB EGG SALAD D:GUMBO	B: BREAKFAST CASSEROLE L: COBB EGG SALAD D: GUMBO	B: BREAKFAST CASSEROLE L: COBB EGG SALAD D: GUMBO
WEEK 3	B: SMOOTHIE L: BROCCOLI SOUP D: GUMBO	B: PROTEIN PANCAKES L: BROCCOLI SOUP D: GUMBO	B: SMOOTHIE L:BROCCOLI SOUP D: GUMBO	B: PROTEIN PANCAKES L: BROCCOLI SOUP D: BURGERS AND SWEET POTATO FRIES	B: SMOOTHIE L: BROCCOLI SOUP D: BURGERS AND SWEET POTATO FRIES
WEEK 4	B: BREAKFAST CASSEROLE L:CORNISH HEN /VEGGIES D: BURGERS AND SWEET POTATO FRIES	B: BREAKFAST CASSEROLE L::CORNISH HEN /VEGGIES D: BURGERS AND SWEET POTATO FRIES	B:BREAKFAST CASSEROLE L: :CORNISH HEN /VEGGIES D: BURGERS AND SWEET POTATO FRIES	B: BREAKFAST CASSEROLE L: :CORNISH HEN /VEGGIES D: BROCCOLI SOUP	B: BREAKFAST CASSEROLE L: :CORNISH HEN /VEGGIES D: BROCCOLI SOUP