
Killer Body
MEAL PLAN



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Vegan

KILLER BODY MEAL PLAN

Killer Body

WEEK 1- VEGAN

BREAKFAST

THU	FRI	SAT	SUN	MON	TUE	WED
• Overnight Oats with Bananas & • Nuts	• Yogurt Bowl • w/ Nuts & • Fruit	• Avocado Toast w/ Tomato & Peppers & Side of Nuts & Fruit	• Protein Pancakes w/ Berries	• Oatmeal & Fruit & Granola	• Smoothie Bowl Topped w/ Chia Seeds, Fruit & AB or PB	• Avocado Toast w/ Tomato & Peppers

SNACKS

THU	FRI	SAT	SUN	MON	TUE	WED
• Rice Cake w/ AB & Fruit • Apples & Almond Butter	• Half Banana & 10 Almonds • Hummus & Crackers	• Shake or Green Smoothie • Ricecake w/ AB & Dark Choco Chips	• Yogurt w/ Fruit & Nuts • Shake or Green Smoothie	• Half Banana w/ Dark Choco Chips & Almond Butter • Celery w/ PB	• Veggies w/ dressing • Toast w/ Almond Yogurt & Cinnamon	• Shake or Green Smoothie • CHEAT SNACK •

LUNCH

THU	FRI	SAT	SUN	MON	TUE	WED
• Avocado, Lettuce & Tomato Wrap	• Homemade Salad Jar with Vinaigrette • Dressing	• Fiesta Veggie Wrap	• Sweet Potato, Corn & Black Bean Salad w/ Avocado	• Avocado & Veggie Pinwheels	• SMALL CHEAT MEAL	• Veggie Poke Bowl

DINNER

THU	FRI	SAT	SUN	MON	TUE	WED
• Veggie Stirfry w/ Brown Rice & Salad	• Fiesta Veggie Zucchini Bowls	• Veggie Poke Bowl	• Garlic Herb Asparagus w/ Roasted Sweet Potatoes	• Roasted Veggie & Rice Bowl w/ Dressing	• Quinoa Taco Salad	• Avocado & Roasted Pepper Naan Pizza

Killer Body

WEEK 2- VEGAN

BREAKFAST

THU	FRI	SAT	SUN	MON	TUE	WED
• Cinnamon Protein Pancakes w/ Half Banana & Walnuts	• Avocado Toast w/ Side Fruit	• Veggie & Potato Hash	• Overnight Oats w/ Apples & Cinnamon	• Oatmeal & Fruit w/ Nuts	• Smoothie Bowl Topped w/ Fruit & Granola	• Toast w/ Mashed Berries & Yogurt

SNACKS

THU	FRI	SAT	SUN	MON	TUE	WED
• Rice Cake w/ Mashed Berries • Watermelon w/ Yogurt & Granola	• Half Banana & 10 Almonds • Veggies w/ Dressing	• Shake or Green Smoothie • Avocado w/ Lemon Salt & Pepper	• Ricecake w/ Yogurt & Fruit • Veggies & PB	• Watermelon w/ Yogurt • Ricecake w/ Hummus, Cucumber & Tomato	• Shake or Green Smoothie • Toast w/ PB Fruit & Cinnamon	• Shake or Green Smoothie • CHEAT SNACK •

LUNCH

THU	FRI	SAT	SUN	MON	TUE	WED
• Sweet Potato, Corn & Black Bean wrap w/ Dressing	• Chickpea, Cucumber & Tomato Salad	• Roasted Veggie & Lettuce Wrap	• Mixed Veggie Lettuce Rolls	• Jar Salad w/ Avocado Dressing	• SMALL CHEAT MEAL	• Jar Salad & Homemade Dressing

DINNER

THU	FRI	SAT	SUN	MON	TUE	WED
• Portabello & Pepper Fajitas	• Fiesta Veggie Zucchini Bowls	• Quinoa Taco Salad	• Teriyaki Veggies & Quinoa Salad	• Mushroom & Spinach Quesadilla	• Fiesta Naan PIzza	• Avocado & Roasted Pepper Naan Pizza

Killer Body

WEEK 3- VEGAN

BREAKFAST

THU	FRI	SAT	SUN	MON	TUE	WED
• Overnight Oats with Bananas Choco Chips	• Yogurt Bowl w/ Coconut, Granola & Fruit	• Veggie & Potato Hash	• Avocado Toast w/ Peppers & Onions	• Protein Pancakes & Fruit	• Smoothie Bowl Topped w/ Chia Seeds, Fruit & Dark Choco Chips	• Avocado Toast w/ Cucumbers, Salt & Pepper

SNACKS

THU	FRI	SAT	SUN	MON	TUE	WED
• Rice Cake w/ PB & Strawberries • Apples w/ Cinnamon & PB	• CHEAT SNACK • Hummus Veggies	• Shake or Green Smoothie • Ricecake w/ Avocado & Tomato	• Hummus & Crackers • Shake or Green Smoothie	• Grapefruit & Yogurt • Apples & PB w/ Dark Choco Chips	• Watermelon & Berries w/ Yogurt • Fruit Smoothie	• Shake or Green Smoothie • CHEAT SNACK •

LUNCH

THU	FRI	SAT	SUN	MON	TUE	WED
• Broccoli & Mushroom Brown Rice Bowl	• Homemade Salad Jar with Vinaigrette • Dressing	• Salad Pinwheels	• Berries & Walnut Jar Salad	• Tofu Chipotle Bowl (2 Servings)	• SMALL CHEAT MEAL	• Roasted Veggie & Hummus Wrap

DINNER

THU	FRI	SAT	SUN	MON	TUE	WED
• Veggie Stirfry w/ Sweet Potato Bowl	• Veggie Lovers Naan Pizza	• Tofu Chipotle Bowl (2 Servings)	• Avocado, Spinach & Tomato Quesadilla	• Southwest stuffed Sweet Potato	• Stuffed Bell Peppers	• Teriyaki Veggie & Brown Rice Bowl

Killer Body

WEEK 4- VEGAN

BREAKFAST

THU	FRI	SAT	SUN	MON	TUE	WED
• Scrambled Tofu with Veggies & Fruit	• Yogurt Bowl w/ Coconut, Granola & Fruit	• Veggie & Potato Hash	• Avocado Toast w/ Peppers & Onions	• Protein Pancakes & Fruit	• Smoothie Bowl Topped w/ Chia Seeds, Fruit & Dark Choco Chips	• Avocado Toast w/ Cucumbers, Salt & Pepper

SNACKS

THU	FRI	SAT	SUN	MON	TUE	WED
• Homemade Parfait • Apples w/ Cinnamon & PB	• CHEAT SNACK • Hummus Veggies	• Shake or Green Smoothie • Ricecake w/ Avocado & Tomato	• Hummus & Crackers • Shake or Green Smoothie	• Grapefruit & Yogurt • Apples & PB w/ Dark Choco Chips	• Watermelon & Berries w/ Yogurt • Fruit Smoothie	• Shake or Green Smoothie • CHEAT SNACK •

LUNCH

THU	FRI	SAT	SUN	MON	TUE	WED
• Veggie Burger & Sweet Potato Fries	• Homemade Salad Jar with Vinaigrette Dressing	• Salad Pinwheels	• Tomato, Cucumber & Onion Salad	• Tofu Chipotle Bowl (2 Servings)	• SMALL CHEAT MEAL	• Roasted Veggie & Hummus Wrap

DINNER

THU	FRI	SAT	SUN	MON	TUE	WED
• Veggie Stirfry w/ Sweet Potato Bowl	• Veggie Lovers Naan Pizza	• Tofu Chipotle Bowl (2 Servings)	• Avocado, Spinach & Tomato Quesadilla	• Southwest stuffed Sweet Potato	• Stuffed Bell Peppers	• Teriyaki Veggie & Brown Rice Bowl



Vegetarian

KILLER BODY MEAL PLAN

Killer Body

WEEK 1- VEGETARIAN

BREAKFAST

THU	FRI	SAT	SUN	MON	TUE	WED
• Overnight Oats with Bananas & Nuts	• Yogurt Bowl w/ Nuts, Granola & Fruit	• Avocado Toast w/ Tomato & Peppers & Feta	• Protein Pancakes w/ Berries	• Egg Omelette Muffins & Fruit	• Smoothie Bowl Topped w/ Chia Seeds, Fruit & AB or PB	• Avocado Toast w/ Tomato & Spinach

SNACKS

THU	FRI	SAT	SUN	MON	TUE	WED
• Rice Cake w/ AB & Fruit • Apples & Almond Butter	• Half Banana & 10 Almonds • Hummus & Crackers	• Shake or Green Smoothie • Ricecake w/ AB & Dark Choco Chips	• Yogurt w/ Fruit & Nuts • Shake or Green Smoothie	• Half Banana w/ Dark Choco Chips & Almond Butter • Celery w/ PB	• Veggies w/ dressing • Toast w/ Almond Yogurt & Cinnamon	• Shake or Green Smoothie • CHEAT SNACK •

LUNCH

THU	FRI	SAT	SUN	MON	TUE	WED
• Avocado, Lettuce & Tomato Wrap	• Greek Feta Salad Jar with Vinaigrette • Dressing	• Fiesta Veggie Wrap	• Sweet Potato, Corn & Black Bean Salad w/ Avocado	• Avocado, Veggie & Cheese Pinwheels	• SMALL CHEAT MEAL	• Veggie Poke Bowl

DINNER

THU	FRI	SAT	SUN	MON	TUE	WED
• Veggie Stirfry w/ Brown rice	• Fiesta Veggie Zucchini Bowls	• Veggie Poke Bowl	• Garlic Herb Asparagus w/ Roasted Sweet Potatoes	• Roasted Veggie & Rice Bowl w/ Dressing	• Quinoa Taco Salad	• Mozzarella & Roasted Pepper Naan Pizza

Killer Body

WEEK 2- VEGETARIAN

BREAKFAST

THU	FRI	SAT	SUN	MON	TUE	WED
• Protein Pancakes w/ Half Banana & Walnuts	• Avocado Toast w/ Side Fruit	• Veggie & Potato Hash	• Overnight Oats w/ Apples & Cinnamon & Granola	• Egg Omellete Muffins & Avocado Toast	• Smoothie Bowl Topped w/ Fruit & Granola	• Toast w/ Mashed Berries & Yogurt

SNACKS

THU	FRI	SAT	SUN	MON	TUE	WED
• Rice Cake w/ Mashed Berries • Watermelon w/ Yogurt & Granola	• Half Banana & 10 Almonds • Veggies w/ Dressing	• Shake or Green Smoothie • Avocado w/ Lemon Salt & Pepper	• Ricecake w/ Yogurt & Fruit • Veggies & PB	• Watermelon w/ Yogurt • Ricecake w/ Hummus, Cucumber & Tomato	• Shake or Green Smoothie • Toast w/ PB Fruit & Cinnamon	• Shake or Green Smoothie • CHEAT SNACK

LUNCH

THU	FRI	SAT	SUN	MON	TUE	WED
• Sweet Potato, Corn & Black Bean wrap w/ Dressing	• Chickpea, Cucumber & Tomato Salad	• Roasted Veggie & Lettuce Wrap	• Mixed Veggie Lettuce Rolls	• Jar Salad w/ Avocado Dressing	• SMALL CHEAT MEAL	• Jar Salad & Homemade Dressing

DINNER

THU	FRI	SAT	SUN	MON	TUE	WED
• Portabello & Pepper Fajitas	• Fiesta Veggie Zucchini Bowls	• Quinoa Taco Salad	• Teriyaki Veggies & Quinoa Salad	• Mushroom & Spinach Quesadilla	• Roasted Parmesan Asparagus & Potatoes	• Parmesan Asparagus, Mushroom w/ Brown Rice

Killer Body

WEEK 3- VEGETARIAN

BREAKFAST

THU	FRI	SAT	SUN	MON	TUE	WED
• Overnight Oats with Bananas Choco Chips	• Yogurt Bowl w/ Coconut & Fruit	• Veggie & Potato Hash	• Avocado Toast w/ Peppers & Boiled Egg	• Cinnamon Protein Pancakes & Fruit	• Smoothie Bowl Topped w/ Chia Seeds, Fruit & Dark Choco Chips	• Avocado Toast w/ Cucumbers, Salt & Pepper

SNACKS

THU	FRI	SAT	SUN	MON	TUE	WED
• Rice Cake w/ Honey & Strawberries • Apples w/ Cinnamon & PB	• CHEAT SNACK • Hummus Veggies	• Shake or Green Smoothie • Ricecake w/ Avocado & Tomato	• Hummus & Crackers • Shake or Green Smoothie	• Grapefruit & Yogurt • Apples & PB w/ Dark Choco Chips	• Watermelon & Berries w/ Yogurt & Honey • Fruit Smoothie	• Shake or Green Smoothie • CHEAT SNACK •

LUNCH

THU	FRI	SAT	SUN	MON	TUE	WED
• Broccoli & Mushroom Brown Rice Bowl	• Homemade Salad Jar with Vinaigrette • Dressing	• Salad Pinwheels	• Berries & Walnut Jar Salad	• Tofu Chipotle Bowl (2 Servings)	• SMALL CHEAT MEAL	• Roasted Veggie, Feta & Hummus Wrap

DINNER

THU	FRI	SAT	SUN	MON	TUE	WED
• Veggie Stirfry w/ Sweet Potato Bowl	• Veggie Lovers Naan Pizza	• Tofu Chipotle Bowl (2 Servings)	• Blackbean, Corn, Tomato & Cheese Quesadilla	• Southwest stuffed Sweet Potato	• Stuffed Bell Peppers	• Teriyaki Veggie & Brown Rice Bowl


Clean Eats
TO THE NEW YEAR

Killer Body

WEEK 1- CLEAN EATS

BREAKFAST

THU	FRI	SAT	SUN	MON	TUE	WED
• Overnight Oats with Bananas & Nuts	• Yogurt Bowl w/ Nuts & fruit	• Avocado Toast w/ Tomato & Peppers & Feta	• Protein Pancakes w/ Berries	• Egg Omelette Muffins & Fruit w/ Side Bacon	• Smoothie Bowl Topped w/ Chia Seeds, Fruit & AB or PB	• Avocado Toast w/ Tomato & Spinach

SNACKS

THU	FRI	SAT	SUN	MON	TUE	WED
• Rice Cake w/ AB & Fruit • Apples & Almond Butter	• Half Banana & 10 Almonds • Hummus & Crackers	• Shake or Green Smoothie • Ricecake w/ AB & Dark Choco Chips	• Yogurt w/ Fruit, Granola & Nuts • Shake or Green Smoothie	• Half Banana w/ Dark Choco Chips & Almond Butter • Celery w/ PB	• Veggies w/ dressing • Toast w/ Almond Yogurt & Cinnamon	• Shake or Green Smoothie • CHEAT SNACK •

LUNCH

THU	FRI	SAT	SUN	MON	TUE	WED
• Grilled Chicken, Avocado, Lettuce & Tomato Wrap	• Greek Feta Salad Jar with Vinaigrette • Dressing	• Fiesta Veggie Wrap	• Sweet Potato, Corn & Black Bean Salad w/ Avocado	• Avocado, Veggie & Cheese Pinwheels	• SMALL CHEAT MEAL	• Smoked Salmon Poke Bowl

DINNER

THU	FRI	SAT	SUN	MON	TUE	WED
• Beef & Veggie Stirfry w/ Brown rice	• Fiesta Zucchini Bowls	• Smoked Salmon Poke Bowl	• Garlic Herb Asparagus w/ Roasted Sweet Potatoes	• Roasted Chicken & Veggie & Rice Bowl w/ Dressing	• Quinoa Taco Salad	• Bacon, Mozzarella & Roasted Pepper • Naan Pizza

Killer Body

WEEK 2- CLEAN EATS

BREAKFAST

THU	FRI	SAT	SUN	MON	TUE	WED
• Protein Pancakes w/ Half Banana & Walnuts,	• Avocado Toast w/ Side Fruit	• Sausage, Veggie & Potato Hash	• Overnight Oats w/ Granola Apples & Cinnamon	• Egg Omellete Muffins & Avocado Toast	• Smoothie Bowl Topped w/ Fruit & Granola	• Toast w/ Mashed Berries & Yogurt

SNACKS

THU	FRI	SAT	SUN	MON	TUE	WED
• Rice Cake w/ Mashed Berries • Watermelon w/ Yogurt	• Half Banana & 10 Almonds • Veggies w/ Dressing	• Shake or Green Smoothie • Avocado w/ Lemon Salt & Pepper	• Ricecake w/ Yogurt & Fruit • Veggies & PB	• Watermelon w/ Yogurt • Ricecake w/ Hummus, Cucumber & Tomato	• Shake or Green Smoothie • Toast w/ PB Fruit & Cinnamon	• Shake or Green Smoothie • CHEAT SNACK •

LUNCH

THU	FRI	SAT	SUN	MON	TUE	WED
• Grilled Chicken, Corn & Black Bean wrap w/ Dressing	• Chicken, Cucumber & Tomato Salad	• Roasted Chicken & Veggie & Lettuce Wrap	• Turkey, Avocado & Lettuce Rolls	• Jar Salad w/ Avocado Dressing	• SMALL CHEAT MEAL	• Jar Cobb Salad & Homemade Dressing

DINNER

THU	FRI	SAT	SUN	MON	TUE	WED
• Chicken, Portabello & Pepper Fajitas	• Fiesta Zucchini Bowls	• Quinoa Taco Salad	• Beef Teriyaki Veggies & Quinoa Salad	• Protein, Mushroom & Spinach Quesadilla	• Garlic Chicken, Broccoli & Potatoes	• Parmesan Asparagus, Mushroom & Garlic Chicken w/ Brown Rice

Killer Body

WEEK 3- CLEAN EATS

BREAKFAST

THU	FRI	SAT	SUN	MON	TUE	WED
• Overnight Oats with Bananas Choco Chips	• Yogurt Bowl w/ Coconut & Fruit	• Veggie & Potato Hash	• Avocado Toast w/ Peppers & Boiled Egg	• Cinnamon Protein Pancakes & Fruit	• Smoothie Bowl Topped w/ Chia Seeds, Fruit & Dark Choco Chips	• Avocado Toast w/ Cucumbers, Salt & Pepper

SNACKS

THU	FRI	SAT	SUN	MON	TUE	WED
• Rice Cake w/ Honey & Strawberries • Apples w/ Cinnamon & PB	• CHEAT SNACK • Hummus Veggies	• Shake or Green Smoothie • Ricecake w/ Avocado & Tomato	• Hummus & Crackers • Shake or Green Smoothie	• Grapefruit & Yogurt • Apples & PB w/ Dark Choco Chips	• Watermelon & Berries w/ Yogurt & Honey • Fruit Smoothie	• Shake or Green Smoothie • CHEAT SNACK •

LUNCH

THU	FRI	SAT	SUN	MON	TUE	WED
• Beef, Broccoli & Mushroom Brown Rice Bowl	• Homemade Salad Jar with Vinaigrette • Dressing	• Salad Pinwheels	• Grilled Chicken, Berries & Walnut Jar Salad	• Chipotle Bowl (2 Servings)	• SMALL CHEAT MEAL	• Roasted Chicken, Feta & Hummus Wrap

DINNER

THU	FRI	SAT	SUN	MON	TUE	WED
• Chicken Stirfry w/ Sweet Potato Bowl	• Caprese Naan Pizza (Mozz, Tomato, Basil & Balsalmic)	• Chipotle Bowl (2 Servings)	• Fiesta Chicken Quesadilla	• Southwest stuffed Sweet Potato	• Stuffed Bell Peppers	• Teriyaki Beef & Brown Rice Bowl