



Killer Body

MEAL PLAN



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Vegan

KILLER BODY MEAL PLAN

Killer Body

WEEK 1- VEGAN

BREAKFAST

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Overnight Oats with Bananas & Nuts 	<ul style="list-style-type: none"> Yogurt Bowl w/ Nuts & Fruit 	<ul style="list-style-type: none"> Avocado Toast w/ Tomato & Peppers & Side of Nuts & Fruit 	<ul style="list-style-type: none"> Protein Pancakes w/ Berries 	<ul style="list-style-type: none"> Oatmeal & Fruit & Granola 	<ul style="list-style-type: none"> Smoothie Bowl Topped w/ Chia Seeds, Fruit & AB or PB 	<ul style="list-style-type: none"> Avocado Toast w/ Tomato & Peppers

SNACKS

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Rice Cake w/ AB & Fruit Apples & Almond Butter 	<ul style="list-style-type: none"> Half Banana & 10 Almonds Hummus & Crackers 	<ul style="list-style-type: none"> Shake or Green Smoothie Ricecake w/ AB & Dark Choco Chips 	<ul style="list-style-type: none"> Yogurt w/ Fruit & Nuts Shake or Green Smoothie 	<ul style="list-style-type: none"> Half Banana w/ Dark Choco Chips & Almond Butter Celery w/ PB 	<ul style="list-style-type: none"> Veggies w/ dressing Toast w/ Almond Yogurt & Cinnamon 	<ul style="list-style-type: none"> Shake or Green Smoothie CHEAT SNACK

LUNCH

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Avocado, Lettuce & Tomato Wrap 	<ul style="list-style-type: none"> Homemade Salad Jar with Vinaigrette Dressing 	<ul style="list-style-type: none"> Fiesta Veggie Wrap 	<ul style="list-style-type: none"> Sweet Potato, Corn & Black Bean Salad w/ Avocado 	<ul style="list-style-type: none"> Avocado & Veggie Pinwheels 	<ul style="list-style-type: none"> SMALL CHEAT MEAL 	<ul style="list-style-type: none"> Veggie Poke Bowl

DINNER

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Veggie Stirfry w/ Brown Rice 	<ul style="list-style-type: none"> Fiesta Veggie Zucchini Bowls 	<ul style="list-style-type: none"> Veggie Poke Bowl 	<ul style="list-style-type: none"> Garlic Herb Asparagus w/ Roasted Sweet Potatoes 	<ul style="list-style-type: none"> Roasted Veggie & Rice Bowl w/ Dressing 	<ul style="list-style-type: none"> Quinoa Taco Salad 	<ul style="list-style-type: none"> Avocado & Roasted Pepper Naan Pizza

Killer Body

WEEK 2- VEGAN

BREAKFAST

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Cinnamon Protein Pancakes w/ Half Banana & Walnuts 	<ul style="list-style-type: none"> Avocado Toast w/ Side Fruit 	<ul style="list-style-type: none"> Veggie & Potato Hash 	<ul style="list-style-type: none"> Overnight Oats w/ Apples & Cinnamon 	<ul style="list-style-type: none"> Oatmeal & Fruit w/ Nuts 	<ul style="list-style-type: none"> Smoothie Bowl Topped w/ Fruit & Granola 	<ul style="list-style-type: none"> Toast w/ Mashed Berries & Yogurt

SNACKS

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Rice Cake w/ Mashed Berries Watermelon w/ Yogurt & Granola 	<ul style="list-style-type: none"> Half Banana & 10 Almonds Veggies w/ Dressing 	<ul style="list-style-type: none"> Shake or Green Smoothie Avocado w/ Lemon Salt & Pepper 	<ul style="list-style-type: none"> Ricecake w/ Yogurt & Fruit Veggies & PB 	<ul style="list-style-type: none"> Watermelon w/ Yogurt Ricecake w/ Hummus, Cucumber & Tomato 	<ul style="list-style-type: none"> Shake or Green Smoothie Toast w/ PB Fruit & Cinnamon 	<ul style="list-style-type: none"> Shake or Green Smoothie CHEAT SNACK

LUNCH

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Sweet Potato, Corn & Black Bean wrap w/ Dressing 	<ul style="list-style-type: none"> Chickpea, Cucumber & Tomato Salad 	<ul style="list-style-type: none"> Roasted Veggie & Lettuce Wrap 	<ul style="list-style-type: none"> Mixed Veggie Lettuce Rolls 	<ul style="list-style-type: none"> Jar Salad w/ Avocado Dressing 	<ul style="list-style-type: none"> SMALL CHEAT MEAL 	<ul style="list-style-type: none"> Jar Salad & Homemade Dressing

DINNER

1	2	3	4	5	6	7
<ul style="list-style-type: none"> Portabello & Pepper Fajitas 	<ul style="list-style-type: none"> Fiesta Veggie Zucchini Bowls 	<ul style="list-style-type: none"> Quinoa Taco Salad 	<ul style="list-style-type: none"> Teriyaki Veggies & Quinoa Salad 	<ul style="list-style-type: none"> Mushroom & Spinach Quesadilla 	<ul style="list-style-type: none"> Fiesta Naan Pizza 	<ul style="list-style-type: none"> Avocado & Roasted Pepper Naan Pizza

Killer Body

WEEK 3- VEGAN

BREAKFAST

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Overnight Oats with Bananas Choco Chips 	<ul style="list-style-type: none"> Yogurt Bowl w/ Coconut, Granola & Fruit 	<ul style="list-style-type: none"> Veggie & Potato Hash 	<ul style="list-style-type: none"> Avocado Toast w/ Peppers & Onions 	<ul style="list-style-type: none"> Protein Pancakes & Fruit 	<ul style="list-style-type: none"> Smoothie Bowl Topped w/ Chia Seeds, Fruit & Dark Choco Chips 	<ul style="list-style-type: none"> Avocado Toast w/ Cucumbers, Salt & Pepper

SNACKS

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Rice Cake w/ PB & Strawberries Apples w/ Cinnamon & PB 	<ul style="list-style-type: none"> CHEAT SNACK Hummus Veggies 	<ul style="list-style-type: none"> Shake or Green Smoothie Ricecake w/ Avocado & Tomato 	<ul style="list-style-type: none"> Hummus & Crackers Shake or Green Smoothie 	<ul style="list-style-type: none"> Grapefruit & Yogurt Apples & PB w/ Dark Choco Chips 	<ul style="list-style-type: none"> Watermelon & Berries w/ Yogurt Fruit Smoothie 	<ul style="list-style-type: none"> Shake or Green Smoothie CHEAT SNACK .

LUNCH

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Broccoli & Mushroom Brown Rice Bowl 	<ul style="list-style-type: none"> Homemade Salad Jar with Vinaigrette Dressing 	<ul style="list-style-type: none"> Salad Pinwheels 	<ul style="list-style-type: none"> Berries & Walnut Jar Salad 	<ul style="list-style-type: none"> Tofu Chipotle Bowl (2 Servings) 	<ul style="list-style-type: none"> SMALL CHEAT MEAL 	<ul style="list-style-type: none"> Roasted Veggie & Hummus Wrap

DINNER

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Veggie Stirfry w/ Sweet Potato Bowl 	<ul style="list-style-type: none"> Veggie Lovers Naan Pizza 	<ul style="list-style-type: none"> Tofu Chipotle Bowl (2 Servings) 	<ul style="list-style-type: none"> Avocado, Spinach & Tomato Quesadilla 	<ul style="list-style-type: none"> Southwest stuffed Sweet Potato 	<ul style="list-style-type: none"> Stuffed Bell Peppers 	<ul style="list-style-type: none"> Teriyaki Veggie & Brown Rice Bowl

Killer Body

CREATE A WEEK 4 MEAL PLAN WITH THE KNOWLEDGE YOU'VE GAINED!

WEEK 4- VEGAN

BREAKFAST

SAT

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Vegetarian

KILLER BODY MEAL PLAN

Killer Body

WEEK 1- VEGETARIAN

BREAKFAST

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Overnight Oats with Bananas & Nuts 	<ul style="list-style-type: none"> Yogurt Bowl w/ Nuts, Granola & Fruit 	<ul style="list-style-type: none"> Avocado Toast w/ Tomato & Peppers & Feta 	<ul style="list-style-type: none"> Protein Pancakes w/ Berries 	<ul style="list-style-type: none"> Egg Omelette Muffins & Fruit 	<ul style="list-style-type: none"> Smoothie Bowl Topped w/ Chia Seeds, Fruit & AB or PB 	<ul style="list-style-type: none"> Avocado Toast w/ Tomato & Spinach

SNACKS

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Rice Cake w/ AB & Fruit Apples & Almond Butter 	<ul style="list-style-type: none"> Half Banana & 10 Almonds Hummus & Crackers 	<ul style="list-style-type: none"> Shake or Green Smoothie Ricecake w/ AB & Dark Choco Chips 	<ul style="list-style-type: none"> Yogurt w/ Fruit & Nuts Shake or Green Smoothie 	<ul style="list-style-type: none"> Half Banana w/ Dark Choco Chips & Almond Butter Celery w/ PB 	<ul style="list-style-type: none"> Veggies w/ dressing Toast w/ Almond Yogurt & Cinnamon 	<ul style="list-style-type: none"> Shake or Green Smoothie CHEAT SNACK

LUNCH

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Avocado, Lettuce & Tomato Wrap 	<ul style="list-style-type: none"> Creek Feta Salad Jar with Vinaigrette Dressing 	<ul style="list-style-type: none"> Fiesta Veggie Wrap 	<ul style="list-style-type: none"> Sweet Potato, Corn & Black Bean Salad w/ Avocado 	<ul style="list-style-type: none"> Avocado, Veggie & Cheese Pinwheels 	<ul style="list-style-type: none"> SMALL CHEAT MEAL 	<ul style="list-style-type: none"> Veggie Poke Bowl

DINNER

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Veggie Stirfry w/ Brown rice 	<ul style="list-style-type: none"> Fiesta Veggie Zucchini Bowls 	<ul style="list-style-type: none"> Veggie Poke Bowl 	<ul style="list-style-type: none"> Garlic Herb Asparagus w/ Roasted Sweet Potatoes 	<ul style="list-style-type: none"> Roasted Veggie & Rice Bowl w/ Dressing 	<ul style="list-style-type: none"> Quinoa Taco Salad 	<ul style="list-style-type: none"> Mozzarella & Roasted Pepper Naan Pizza

Killer Body

WEEK 2- VEGETARIAN

BREAKFAST

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Protein Pancakes w/ Half Banana & Walnuts 	<ul style="list-style-type: none"> Avocado Toast w/ Side Fruit 	<ul style="list-style-type: none"> Veggie & Potato Hash 	<ul style="list-style-type: none"> Overnight Oats w/ Apples & Cinnamon & Granola 	<ul style="list-style-type: none"> Egg Omellete Muffins & Avocado Toast 	<ul style="list-style-type: none"> Smoothie Bowl Topped w/ Fruit & Granola 	<ul style="list-style-type: none"> Toast w/ Mashed Berries & Yogurt

SNACKS

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Rice Cake w/ Mashed Berries Watermelon w/ Yogurt & Granola 	<ul style="list-style-type: none"> Half Banana & 10 Almonds Veggies w/ Dressing 	<ul style="list-style-type: none"> Shake or Green Smoothie Avocado w/ Lemon Salt & Pepper 	<ul style="list-style-type: none"> Ricecake w/ Yogurt & Fruit Veggies & PB 	<ul style="list-style-type: none"> Watermelon w/ Yogurt Ricecake w/ Hummus, Cucumber & Tomato 	<ul style="list-style-type: none"> Shake or Green Smoothie Toast w/ PB Fruit & Cinnamon 	<ul style="list-style-type: none"> Shake or Green Smoothie CHEAT SNACK

LUNCH

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Sweet Potato, Corn & Black Bean wrap w/ Dressing 	<ul style="list-style-type: none"> Chickpea, Cucumber & Tomato Salad 	<ul style="list-style-type: none"> Roasted Veggie & Lettuce Wrap 	<ul style="list-style-type: none"> Mixed Veggie Lettuce Rolls 	<ul style="list-style-type: none"> Jar Salad w/ Avocado Dressing 	<ul style="list-style-type: none"> SMALL CHEAT MEAL 	<ul style="list-style-type: none"> Jar Salad & Homemade Dressing

DINNER

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Portabello & Pepper Fajitas 	<ul style="list-style-type: none"> Fiesta Veggie Zucchini Bowls 	<ul style="list-style-type: none"> Quinoa Taco Salad 	<ul style="list-style-type: none"> Teriyaki Veggies & Quinoa Salad 	<ul style="list-style-type: none"> Mushroom & Spinach Quesadilla 	<ul style="list-style-type: none"> Roasted Parmesan Asparagus & Potatoes 	<ul style="list-style-type: none"> Parmesan Asparagus, Mushroom w/ Brown Rice

Killer Body

WEEK 3- VEGETARIAN

BREAKFAST

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Overnight Oats with Bananas Choco Chips 	<ul style="list-style-type: none"> Yogurt Bowl w/ Coconut & Fruit 	<ul style="list-style-type: none"> Veggie & Potato Hash 	<ul style="list-style-type: none"> Avocado Toast w/ Peppers & Boiled Egg 	<ul style="list-style-type: none"> Cinnamon Protein Pancakes & Fruit 	<ul style="list-style-type: none"> Smoothie Bowl Topped w/ Chia Seeds, Fruit & Dark Choco Chips 	<ul style="list-style-type: none"> Avocado Toast w/ Cucumbers, Salt & Pepper

SNACKS

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Rice Cake w/ Honey & Strawberries Apples w/ Cinnamon & PB 	<ul style="list-style-type: none"> CHEAT SNACK Hummus Veggies 	<ul style="list-style-type: none"> Shake or Green Smoothie Ricecake w/ Avocado & Tomato 	<ul style="list-style-type: none"> Hummus & Crackers Shake or Green Smoothie 	<ul style="list-style-type: none"> Grapefruit & Yogurt Apples & PB w/ Dark Choco Chips 	<ul style="list-style-type: none"> Watermelon & Berries w/ Yogurt & Honey Fruit Smoothie 	<ul style="list-style-type: none"> Shake or Green Smoothie CHEAT SNACK

LUNCH

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Broccoli & Mushroom Brown Rice Bowl 	<ul style="list-style-type: none"> Homemade Salad Jar with Vinaigrette Dressing 	<ul style="list-style-type: none"> Salad Pinwheels 	<ul style="list-style-type: none"> Berries & Walnut Jar Salad 	<ul style="list-style-type: none"> Tofu Chipotle Bowl (2 Servings) 	<ul style="list-style-type: none"> SMALL CHEAT MEAL 	<ul style="list-style-type: none"> Roasted Veggie, Feta & Hummus Wrap

DINNER

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Veggie Stirfry w/ Sweet Potato Bowl 	<ul style="list-style-type: none"> Veggie Lovers Naan Pizza 	<ul style="list-style-type: none"> Tofu Chipotle Bowl (2 Servings) 	<ul style="list-style-type: none"> Blackbean, Corn, Tomato & Cheese Quesadilla 	<ul style="list-style-type: none"> Southwest stuffed Sweet Potato 	<ul style="list-style-type: none"> Stuffed Bell Peppers 	<ul style="list-style-type: none"> Teriyaki Veggie & Brown Rice Bowl

Killer Body

WEEK 3- VEGETARIAN

CREATE A WEEK 4 MEAL PLAN WITH THE KNOWLEDGE YOU'VE GAINED!

	SAT	SUN	MON	TUE	WED	THU	FRI
BREAKFAST							

	SAT	SUN	MON	TUE	WED	THU	FRI
SNACKS							

	SAT	SUN	MON	TUE	WED	THU	FRI
LUNCH							

	SAT	SUN	MON	TUE	WED	THU	FRI
DINNER							



Clean Eats

TO THE NEW YEAR

Killer Body

WEEK 1- CLEAN EATS

BREAKFAST

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Overnight Oats with Bananas & Nuts 	<ul style="list-style-type: none"> Yogurt Bowl w/ Nuts & fruit 	<ul style="list-style-type: none"> Avocado Toast w/ Tomato & Peppers & Feta 	<ul style="list-style-type: none"> Protein Pancakes w/ Berries 	<ul style="list-style-type: none"> Egg Omelette Muffins & Fruit w/ Side Bacon 	<ul style="list-style-type: none"> Smoothie Bowl Topped w/ Chia Seeds, Fruit & AB or PB 	<ul style="list-style-type: none"> Avocado Toast w/ Tomato & Spinach

SNACKS

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Rice Cake w/ AB & Fruit Apples & Almond Butter 	<ul style="list-style-type: none"> Half Banana & 10 Almonds Hummus & Crackers 	<ul style="list-style-type: none"> Shake or Green Smoothie Ricecake w/ AB & Dark Choco Chips 	<ul style="list-style-type: none"> Yogurt w/ Fruit, Granola & Nuts Shake or Green Smoothie 	<ul style="list-style-type: none"> Half Banana w/ Dark Choco Chips & Almond Butter Celery w/ PB 	<ul style="list-style-type: none"> Veggies w/ dressing Toast w/ Almond Yogurt & Cinnamon 	<ul style="list-style-type: none"> Shake or Green Smoothie CHEAT SNACK

LUNCH

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Grilled Chicken, Avocado, Lettuce & Tomato Wrap 	<ul style="list-style-type: none"> Creek Feta Salad Jar with Vinaigrette Dressing 	<ul style="list-style-type: none"> Fiesta Veggie Wrap 	<ul style="list-style-type: none"> Sweet Potato, Corn & Black Bean Salad w/ Avocado 	<ul style="list-style-type: none"> Avocado, Veggie & Cheese Pinwheels 	<ul style="list-style-type: none"> SMALL CHEAT MEAL 	<ul style="list-style-type: none"> Smoked Salmon Poke Bowl

DINNER

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Beef & Veggie Stirfry w/ Brown rice 	<ul style="list-style-type: none"> Fiesta Zucchini Bowls 	<ul style="list-style-type: none"> Smoked Salmon Poke Bowl 	<ul style="list-style-type: none"> Garlic Herb Asparagus w/ Roasted Sweet Potatoes 	<ul style="list-style-type: none"> Roasted Chicken & Veggie & Rice Bowl w/ Dressing 	<ul style="list-style-type: none"> Quinoa Taco Salad 	<ul style="list-style-type: none"> Bacon, Mozzarella & Roasted Pepper Naan Pizza

Killer Body

WEEK 2- CLEAN EATS

BREAKFAST

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Protein Pancakes w/ Half Banana & Walnuts, 	<ul style="list-style-type: none"> Avocado Toast w/ Side Fruit 	<ul style="list-style-type: none"> Sausage, Veggie & Potato Hash 	<ul style="list-style-type: none"> Overnight Oats w/ Granola Apples & Cinnamon 	<ul style="list-style-type: none"> Egg Omellete Muffins & Avocado Toast 	<ul style="list-style-type: none"> Smoothie Bowl Topped w/ Fruit & Granola 	<ul style="list-style-type: none"> Toast w/ Mashed Berries & Yogurt

SNACKS

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Rice Cake w/ Mashed Berries Watermelon w/ Yogurt 	<ul style="list-style-type: none"> Half Banana & 10 Almonds Veggies w/ Dressing 	<ul style="list-style-type: none"> Shake or Green Smoothie Avocado w/ Lemon Salt & Pepper 	<ul style="list-style-type: none"> Ricecake w/ Yogurt & Fruit Veggies & PB 	<ul style="list-style-type: none"> Watermelon w/ Yogurt Ricecake w/ Hummus, Cucumber & Tomato 	<ul style="list-style-type: none"> Shake or Green Smoothie Toast w/ PB Fruit & Cinnamon 	<ul style="list-style-type: none"> Shake or Green Smoothie CHEAT SNACK

LUNCH

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Grilled Chicken, Corn & Black Bean wrap w/ Dressing 	<ul style="list-style-type: none"> Chicken, Cucumber & Tomato Salad 	<ul style="list-style-type: none"> Roasted Chicken & Veggie & Lettuce Wrap 	<ul style="list-style-type: none"> Turkey, Avocado & Lettuce Rolls 	<ul style="list-style-type: none"> Jar Salad w/ Avocado Dressing 	<ul style="list-style-type: none"> SMALL CHEAT MEAL 	<ul style="list-style-type: none"> Jar Cobb Salad & Homemade Dressing

DINNER

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Chicken, Portabello & Pepper Fajitas 	<ul style="list-style-type: none"> Fiesta Zucchini Bowls 	<ul style="list-style-type: none"> Quinoa Taco Salad 	<ul style="list-style-type: none"> Beef Teriyaki Veggies & Quinoa Salad 	<ul style="list-style-type: none"> Protein, Mushroom & Spinach Quesadilla 	<ul style="list-style-type: none"> Garlic Chicken, Broccoli & Potatoes 	<ul style="list-style-type: none"> Parmesan Asparagus, Mushroom & Garlic Chicken w/ Brown Rice

Killer Body

WEEK 3- CLEAN EATS

BREAKFAST

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Overnight Oats with Bananas Choco Chips 	<ul style="list-style-type: none"> Yogurt Bowl w/ Coconut & Fruit 	<ul style="list-style-type: none"> Veggie & Potato Hash 	<ul style="list-style-type: none"> Avocado Toast w/ Peppers & Boiled Egg 	<ul style="list-style-type: none"> Cinnamon Protein Pancakes & Fruit 	<ul style="list-style-type: none"> Smoothie Bowl Topped w/ Chia Seeds, Fruit & Dark Choco Chips 	<ul style="list-style-type: none"> Avocado Toast w/ Cucumbers, Salt & Pepper

SNACKS

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Rice Cake w/ Honey & Strawberries Apples w/ Cinnamon & PB 	<ul style="list-style-type: none"> CHEAT SNACK Hummus Veggies 	<ul style="list-style-type: none"> Shake or Green Smoothie Ricecake w/ Avocado & Tomato 	<ul style="list-style-type: none"> Hummus & Crackers Shake or Green Smoothie 	<ul style="list-style-type: none"> Grapefruit & Yogurt Apples & PB w/ Dark Choco Chips 	<ul style="list-style-type: none"> Watermelon & Berries w/ Yogurt & Honey Fruit Smoothie 	<ul style="list-style-type: none"> Shake or Green Smoothie CHEAT SNACK

LUNCH

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Beef, Broccoli & Mushroom Brown Rice Bowl 	<ul style="list-style-type: none"> Homemade Salad Jar with Vinaigrette Dressing 	<ul style="list-style-type: none"> Salad Pinwheels 	<ul style="list-style-type: none"> Grilled Chicken, Berries & Walnut Jar Salad 	<ul style="list-style-type: none"> Chipotle Bowl (2 Servings) 	<ul style="list-style-type: none"> SMALL CHEAT MEAL 	<ul style="list-style-type: none"> Roasted Chicken, Feta & Hummus Wrap

DINNER

SAT	SUN	MON	TUE	WED	THU	FRI
<ul style="list-style-type: none"> Chicken Stirfry w/ Sweet Potato Bowl 	<ul style="list-style-type: none"> Caprese Naan Pizza (Mozz, Tomato, Basil & Balsamic) 	<ul style="list-style-type: none"> Chipotle Bowl (2 Servings) 	<ul style="list-style-type: none"> Fiesta Chicken Quesadilla 	<ul style="list-style-type: none"> Southwest stuffed Sweet Potato 	<ul style="list-style-type: none"> Stuffed Bell Peppers 	<ul style="list-style-type: none"> Teriyaki Beef & Brown Rice Bowl

Killer Body

CREATE A WEEK 4 MEAL PLAN WITH THE KNOWLEDGE YOU'VE GAINED!

WEEK 4- CLEAN EATS

BREAKFAST

SAT

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SNACKS

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DINNER

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