

Get Lean Meal Plan

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MONDAY

Breakfast: 1 slice Ezekiel bread (toasted) + 1 tbsp. almond butter + 2 hard boiled eggs

Lunch: 4 oz. chicken breast + 1/2 C cooked quinoa + 1 C asparagus + 1 C broccoli or green beans

Snack: 100 calorie pack nuts of choice + 1 medium piece of fruit

Dinner: 4 oz. grilled salmon + 1-2 C veggies of choice

PM Snack: 1 container plain nonfat Greek yogurt + 1 tbsp. sprinkles or no-sugar-added chocolate chips

NUTRITION: calories 1423, total fats 61g, sat fat 17g, trans fat 0g, protein 118g, sodium 1250 mg, carbs 104g, fiber 25g, sugar 39g

TUESDAY

Breakfast: 1 container nonfat plain Greek yogurt + 1/4 C low-sugar granola + 2 tbsp. blueberries + 1/2 med. banana sliced + 1 tbsp. flaxmeal + 100 calorie pack nuts

Lunch: 4 oz. broiled tilapia + 1 small sweet potato + 1 tbsp. butter + 1 C broccoli or green beans

Snack: 1 hard-boiled egg + 1 string cheese + 1 C carrots + 1 C grapes

Dinner: 4 oz. baked turkey breast + 1 large salad + 1 tbsp EVOO + 1 tbsp balsamic vinegar

PM Snack: 1/2 C low-cal vanilla ice cream + 1 C diet root beer (make a rootbeer float!)

NUTRITION: calories 1351, total fats 58g, sat. fat 19g, trans fat 0g, protein 109g, sodium 1056 mg, carbs 112g, fiber 22g, sugar 38g

WEDNESDAY

Breakfast: 2 eggs scrambled + 2 WW frozen waffles (toasted) + 2 tbsp. butter

Lunch: 1 low-cal WW wrap + 1 can tuna (drained) + 1 tbsp. olive oil mayo (salt/pepper to taste) + lettuce and tomato

Snack: 1 hard-boiled egg + 1 string cheese + 1 C carrots + 1 C grapes + 1 C sliced celery

Dinner: 4 oz. turkey breast + 2 C broccoli or green veggies

PM Snack: 1 container plain nonfat Greek yogurt + 1 tbsp. sprinkles or no-sugar-added chocolate chips

NUTRITION: calories 1425, total fats 65g, sat. fat 22g, trans fat 0g, protein 120g, sodium 2126 mg, carbs 106g, fiber 31g, sugar 20g

THURSDAY

Breakfast: 3/4 C plain Cheerios + 1/2 C nonfat milk + 1/2 med. banana sliced + 2 hard-boiled eggs

Lunch: 4 oz. chicken breast + 1/2 C cooked quinoa + 1 C asparagus + 1 C broccoli + 1 tbsp. butter

Snack: 100 calorie pack nuts + 1 medium piece of fruit + 1 scoop whey protein powder mixed in water

Dinner: 4 oz. grilled salmon + 1-2 C veggies of choice

PM Snack: 1/2 C low-cal vanilla ice cream + 1 C diet root beer (make a rootbeer float!)

NUTRITION: calories 1468, total fats 54g, sat fat 17g, trans fat 0g, protein 134g, sodium 1437 mg, carbs 120g, fiber 23g, sugar 45g

FRIDAY

Breakfast: 2 sliced turkey bacon + 2 eggs (cooked to your liking) + 1 slice Ezekiel bread (toasted)

Lunch: 4 oz. chicken breast + 1/2 C cooked quinoa + 1 C asparagus + 1 C broccoli + 1 tbsp. butter

Snack: 2 tbsp. PB + 1 medium apple

Dinner: 4 oz. grilled salmon + 1-2 C veggies of choice

PM Snack: 1/2 C low-cal vanilla ice cream + 1 C diet root beer (make a rootbeer float!)

NUTRITION: calories 1381, total fats 59g, sat fat 19g, trans fat 0g, protein 134g, sodium 1195 mg, carbs 111g, fiber 22g, sugar 32g

SATURDAY

Breakfast: 1 scoop vanilla whey protein + 1/4 C cold brew coffee concentrate + 1/2 C nonfat milk + 1/2 C dry oats + ice; blend until smooth

Lunch: 1 low-cal WW wrap + 3 oz. chicken breast + 1/4 avocado + lettuce and tomato

Snack: 1 hard-boiled egg + 1 string cheese + 1 C carrots + 1 C grapes + 1 C sliced celery

Dinner: 4 oz. chicken breast + 1 large salad + 1 tbsp EVOO + 1 tbsp balsamic vinegar

PM Snack: 5.3 oz. plain nonfat Greek yogurt + 1 tbsp. sprinkles or no-sugar-added chocolate chips

NUTRITION: calories 1420, fats 54g, sat fat 15g, pro 140g, sod. 1130mg, carbs 114g, fiber 31g, sugar 24g