HIGH PROTEIN MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS &
MON	HIGH PROTEIN WAFFLES WITH BERRIES	MEXICAN STUFFED SWEET POTATOES	CP PARMESAN CAESAR CHICKEN WITH SALAD	CHOCOLATE PUDDING WATER ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
TUE	APPLE PIE OVERNIGHT OATS	BUFFALO CHICKEN COTTAGE CHEESE BOWL	MEXICAN RICE CASSEROLE	ROTEL DIP WATER ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
WED	FRENCH TOAST WITH BERRIES AND CANADIAN BACON	TUNA SALAD ON SPROUTED BREAD WUTH CUCUMBERS	CRACK BURGERS WITH SALAD	PROFFEE WATER ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
THU	GREEK YOGURT BOWL WITH BANANA AND GRANOLA	ROTEL DIP USE VEGGIES, POPCORNERS, PORK RINDS, ETC.	SAUSAGE AND KALE STUFFED DELICATA SQUASH WITH SALAD	CHOCOLATE PUDDING WATER ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
FRI	OATMEAL WITH EGG WHITES AND DICED PEACHES	TURKEY AND CHEESE ROLL-UPS WITH HIGH PROTEIN RANCH AND VEGGIES	SHEET PAN BEEF BULGOGI	ROTEL DIP WATER ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
SAT	BACON TACOS	SPAGHETTI OVER PALMINI WITH SALAD	RED BEANS AND RICE	PROFFEE WATER ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
SUN	SAVORY HIGH PROTEIN WAFFLE SANDWICH	MEXICAN PIZZAS	CP PIZZA BOWLS	YOUGRT BOWL WATER ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐