

Meal plan



SAT/SUN

GROCERY SHOP AND MEAL PREP FOR THE WEEK

Chili, Sweet Potato Hash, Soft-boiled eggs, Homemade Granola, Zesty chicken bites

Note: If you are not a morning person, make protein pancakes in advance



MON

B 2 Eggs & Sweet potato hash

L Bowl of Turkey Chili

D Zesty chicken bites with roasted vegetables



TUES

B Granola with almond milk & fresh fruit

L Leftover Zesty Chicken Bites & veggies

D Bowl of Turkey Chili with avocado slices



WED

B Pina Colada Protein Smoothie

L Last of the sweet potato hash & soft boiled eggs

D Thai Chicken Lettuce Wraps



THURS

B Protein Pancakes

L Chicken & Veggie Stir-Fry (prepare wed. night)

D Zucchini Linguine with Meat Sauce



FRI

B Vanilla Coffee Protein Smoothie

L Leftover Zucchini Linguine

D Breakfast for Dinner or OUT!

GROCERIES

YOU MAY ALREADY HAVE:

Spices for chili, spices for zesty chicken bites, protein powder, coconut aminos, organic diced tomatoes, organic tomato sauce, tomato paste, almond meal

TO BUY:

Eggs, Ground Turkey, Chicken breasts, Peppers, Onions, Carrots, Bacon, Sweet Potatoes, Spinach, Frozen fruit, almond milk, Garlic, lettuce leaves, bananas, Zucchini, ground beef, Stir-fry veggies, avocado,

SNACK IDEAS

Carrots
 Raw Almonds
 Fruit salad
 soft-boiled eggs
 Homemade trail mix
 Protein shake
 Granola

RECIPE SOURCES

CHILI <http://bit.ly/1ePk63v>
SWEET POTATO HASH <http://bit.ly/1eE4zHM>
MEAT SAUCE: <http://bit.ly/KwCKQ5>
ZESTY CHICKEN BITES
<http://bit.ly/1ePxccc>
PROTEIN PANCAKES <http://bit.ly/1a2UJ31>
GRANOLA: <http://bit.ly/KfCkUB>
VANILLA COFFEE SMOOTHIE:
<http://bit.ly/1efDaak>
PINA COLADA: <http://bit.ly/1ePi5mD>
STIR-FRY: <http://bit.ly/1fsyCFv>

Note: granola recipe listed is not strict paleo; contains gluten-free oats

Please note: I am not a certified nutritionist, always consult your doctor before making major changes to your diet
 Meal sizes will vary person-to-person. **FOR FULL INGREDIENT LISTS, VISIT THE FULL RECIPES ON LEXISCLEANKITCHEN.COM**