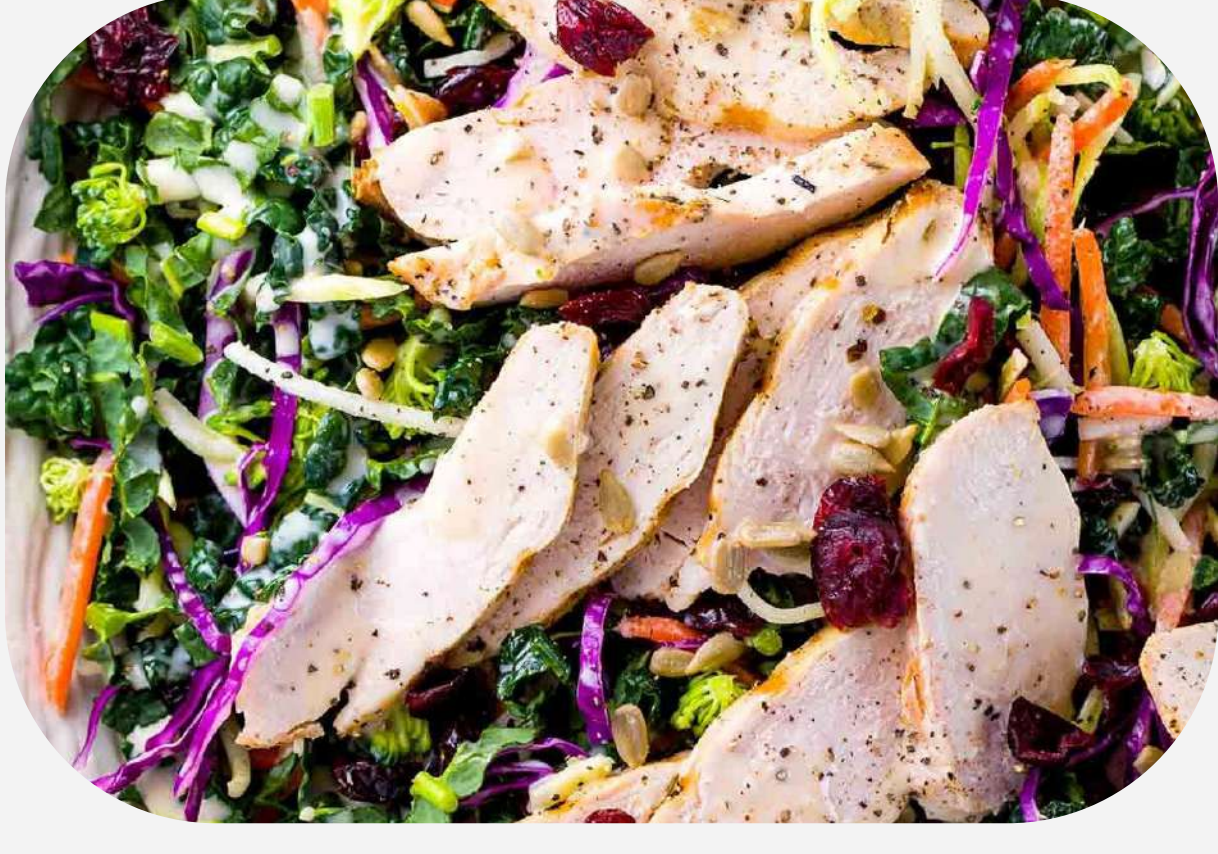


balanced
bites!

Balanced / Lean Meal Plan

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	 Scrambled Eggs With Spinach & Cheese On Whole Wheat Toast	 Green Baked Omelette	 Protien Oatmeal	 English Muffins With Peanut Butter
LUNCH	 Fish Fillets With Mushroom Sauce	 Spicy Chicken Pizza On Thin Crust Pizza	 Grilled Chicken Souvlaki	 Taco Stuffed Sweet Potato
LUNCH SIDE	 Steamed Rainbow Veggies	 Baked Chicken Nuggets	Fettoiush Salad 	Roasted Butternut Squash 
DINNER	 Spicy Chicken With Broccoli Slaw	 Sunday Roast Chicken & Roasted Veg	 Chicken Thighs With Hoisin Rice	 Beef Skewers With Zucchini
DINNER SIDE	 Macaroni And Cheese	 Fresh Broccoli Slaw	Caprese Salad 	Spanakopita Flatbread 
DESSERT	 Tiramisu	 Mixed Fruit Cup	Sugar Cookie Protein Shake 	Coconut Mango Chia Pudding 

	DAY 5	DAY 6	DAY 7
BREAKFAST	 Spinach & Pepper Mini Frittata	 High Protein Banana Pancakes	 Quiche Muffin Bites
LUNCH	 Keto Taco Salmon	 Kung Pao Beef With Broccoli	 Lemon Chilli Chicken
LUNCH SIDE	 Authentic Greek Salad	 Basmati Rice	Strawberry Spinach Salad With Feta Cheese 
DINNER	 Italian Chicken Meatballs With Cream Sauce & Broccoli	 Honey Garlic Tofu Stirfry With Chicken Strips	 Million Dollar Spaghetti
DINNER SIDE	 B Bites Almond Bread (2 Pcs)	 Sauteed Crispy Bokchoy & Pickled Cucumber	Balanced Garlic Bread 
DESSERT	 Balanced Peanut Butter Cookies	 Blueberry And Coconut Muffins	 Pecan Sandies