








Weekly Food Planner For Weight Loss

	BREAKFAST	LUNCH	DINNER
 DAY 1 MONDAY	2 Eggs (cooked any way), breakfast sausage, avocado & ½ apple (s)	Mason jar chicken salad (r) *Prepare on Sunday	Prosciutto wrapped chicken breast (r) with roasted asparagus (r)
 DAY 2 TUESDAY	Two-egg frittata with mixed veggies (r)	Mason jar chicken salad (r) *Prepare on Sunday	Garlic and rosemary crusted salmon (r) with roasted cauliflower (r) & sautéed spinach (s)
 DAY 3 WEDNESDAY	Green goddess smoothie (r)	Garden salad with l/o salmon (s) Spinach, mushroom, cucumber & sliced almonds (s)	Tasty chili (r) with a side salad (s) Mixed greens, yellow bell pepper, cucumber & tomatoes (s)
 DAY 4 THURSDAY	Bacon (r), eggs (cooked any way) (s) & salsa fresca (r)	l/o Chili with a side salad (s) Lettuce, tomato, onion & apple (s)	Shrimp with lemongrass, chili & coconut (r) over l/o roasted cauliflower (s) *Prepare hia breakfast
 DAY 5 FRIDAY	Chia seed breakfast bowl with strawberries (r) spinach and a side of sausage (s)	l/o Chili with a side salad (s) Mixed greens, yellow bell pepper, cucumber & tomatoes (s)	Easy-cook NY strip (r) with sautéed mushrooms (r) and roasted red potatoes (s)
 DAY 6 SATURDAY	Homemade breakfast sausage (r) with eggs (cooked any way) and mixed greens (s)	Garden salad with l/o steak (s) Spinach, avocado, red onion, mushroom & strawberries (s)	Super-tasty chicken burgers (r)
 DAY 7 SUNDAY	Rainbow hash (r) with a side of strawberries (s)	l/o Chicken burgers (s)	Soup or Stir-fry (s) * Use up extra veggies