

7 Day Meal Plan

	BREAKFAST / SNACK	LUNCH	SNACK	DINNER	SNACK	
MON	COFFEE W/ UNSW. ALMOND MILK & COLLAGEN (FP)	2 INCREDIBLE PEANUT BUTTER COOKIE MUFFINS (FP) THT P.371	WALDORF COTTAGE CHEESE SALAD (E) THM COOKBOOK P. 190	1 PIECE OF FRUIT & TEA W/ COLLAGEN (E)	TRIM TRAIN ITALIAN SOUP (FP) THM COOKBOOK P. 190	COLLAGEN BERRY WHIP (FP) THM COOKBOOK P. 375
TUE	COFFEE W/ CREAM OR 1/2 & 1/2 + COLLAGEN (S)	1 SLICE BACON, 1 EGG, + SAUTEED VEGGIES (S)	SECRET BIG BOY SHAKE (FP) THM COOKBOOK P. 415	1 SCOOP THM FLAVORED PROTEIN POWDER W/ 8 OZ UNSWEETENED ALMOND MILK (FP)	CHICKEN TACOS (SKILLET) W/ LIGHT TOPPINGS (S)	SECRET INGREDIENT CHOCOLATE PEANUT BUTTER SHAKE (FP)
WED	COFFEE W/ UNSW. ALMOND MILK & COLLAGEN (FP)	2 INCREDIBLE PEANUT BUTTER COOKIE MUFFINS W/ CHOCOLATE SAUCE (FP)	BIG SALAD W/ VEGGIES, LEFTOVER CHICKEN, & ON- PLAN DRESSING (S)	1 SMALL SWEET POTATO W/ DICED CHICKEN, 0% GREEK YOGURT & SALSA (E)	BURGERS, STEAMED VEGGIES, MUSHROOMS SAUTEED IN BUTTER AND GARLIC W/ SALT & PEPPER (S)	SERENE'S MIRACLE MOUSSE MAKEOVER (S) P.444 THT
THU	COFFEE W/ UNSW. AMOND MILK & COLLAGEN (FP)	APPLE CINNAMON CROCKPOT OATMEAL (E) P. 256 THM COOKBOOK	3/4 CUP SEASONED BLACK BEANS W/ DICED COOKED CHICKEN BREAST & SALSA (E)	CHOCOLATE BERRY BOOST BARS (S) P. 431 THT	CILANTRO-LIME SALMON P. 229 THT W/ SIDE SALAD	BUTTERFLY WINGS CAKE (FP) P. 301 THC W/ BERRIES
FRI	COFFEE W/ UNSW. ALMOND MILK & COLLAGEN (FP)	2 INCREDIBLE PEANUT BUTTER COOKIE MUFFINS W/ CHOCOLATE SAUCE (FP)	DELI MEAT OR SALAMI, OLIVES, & NUTS (ADD AN FP SHAKE IF STILL HUNGRY) (S)	BIG BOY SMOOTHIE (FP) P. 414 THM COOKBOOK	BURRITO BOWLS - 1/2 CUP BROWN RICE, COOKED CHICKEN, 1/4 CUP COOKED BEANS, SALSA (E)	CHOCOLATE COVERED STRAWBERRY SHAKE (S)
SAT	COFFEE W/ CREAM OR 1/2 & 1/2 + COLLAGEN (S)	BACON AND EGGS (S)	TEA W/ COLLAGEN & FRUIT (E)	DELI MEAT ROLLED UP WITH PICKLES & SLICED VEGGIES (S)	BANGIN RANCH DRUMS (S) & ROASTED NON- STARCHIES P. 162 & 227 THM COOKBOOK;	LEFTOVER BUTTERFLY WINGS CAKE (FP)
SUN	COFFEE W/ CREAM OR 1/2 & 1/2 + COLLAGEN (S)	LEFTOVER CHOCOLATE BERRY BOOST BARS (S)	BLACK PEPPER CHICKEN (S) P. 68 THT	LEFTOVER BACON (S)	FLAKY PARM TILAPIA W/ STEAMED VEGGIES P. 227 THT	CINNAMON BUN SHAKE (S) P. 469 THT

