

2017

MarlaDeen Fit

## Fall Menu Plan

	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Workout
<sup>1</sup> <b>SUNDAY</b> – SHOP AND PREP ACTIVE REST DAY!	Protein Smoothie	1 Medium Apple 1 T Nut Butter	Big Green Salad w/ ¼ cup protein	1 KIND Bar Clementine	Crock Pot Fajitas & Green Salad	
<b>MONDAY</b>	2 Eggs w/sautéed spinach & ¼ Avocado	Sliced Cucumber or Carrots with 2 T hummus	1 Cup Vegetable Soup 1 Clementine	Green Tea Lara Bar	Broiled/Grilled Salmon, Roasted Vegetables	
<b>TUESDAY</b>	Green Smoothie	2 hard boiled eggs 1 medium apple	Your Choice! Make it Good!	1 Orange 12 Almonds	Grilled Chicken Breasts Spinach Salad, Broccoli	
<b>WEDNESDAY</b>	RX Protein Bar	Protein Smoothie	Green Salad w/leftover chicken, avocado, tomato, chopped walnuts	1 medium apple 1 T nut butter Green Tea	Vegetable Soup Green Side Salad	
<b>THURSDAY</b>	2 Eggs as you like w/ ¼ avocado 1 C berries	1 Orange 12 Almonds	Healthy Chicken or Tuna Salad, in lettuce wrap, 1 cup fruit	1 KIND Bar Green Tea	LEFTOVERS or YOUR CHOICE!	

<b>FRIDAY</b>	Protein Smoothie	1 Lara Bar 1 Clementine	Vegetable Soup Small apple	Vegetables with Hummus	Pork Tenderloin in Crock Pot with Spaghetti Squash, Green Salad	
<b>SATURDAY</b>	Green Smoothie	1 Cup Berries 10 Almonds	Turkey, Hummus, Avocado in Lettuce Wrap with Fruit of Choice	Green Tea Lara Bar Small Apple	DINNER OUT! ENJOY!	
<b>GOALS: DAILY:</b>						
<b>WEEKLY:</b>						
<b>MONTHLY:</b>						

Take Care of Your Body . . .It's the Only One You Have! Enjoy Being Each Day

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