

MY STYLE VITA



Sample Weekly Meal Plan

MONDAY

B: BREAKFAST TACOS
L: BUFFALO CHICKEN W/ MEXICAN SALAD
D: SALMON BURGERS W/ AIOLI SAUCE, ROASTED VEGGIES & ARUGULA SALAD
SNACKS
+ WASA CRACKERS WITH TUNA-FISH
+ PEANUT BUTTER
+ CANDIED PECANS

THURSDAY

B: BREAKFAST TACOS
L: LOW CARB SHRIMP STIRFRY
D: LIME CILANTRO CHICKEN W/ VEGGIES & RICE
SNACKS
+ BANANA PB TOAST
+ BERRIES
+ PEANUT BUTTER

SUNDAY

B: EGGS WITH SPINACH & TURKEY BACON
L: LENTIL SOUP WITH CHICKEN
D: CHICKEN FAJITAS
SNACKS
+ OATMEAL W/ BROWN SUGAR

TUESDAY

B: LOW CARB BREAKFAST BOWL
L: ROTISSERIE CHICKEN W/ ROASTED VEGGIES & SIDE SALAD
D: SEABASS W/ SPINACH, BEANS & CHARRED GREEN BEANS
SNACKS
+ AVOCADO ON LOW CARB CRACKER
+ PEANUT BUTTER W/ DARK CHOCOLATE CHIPS

FRIDAY

B: EGGS W/ POTATOES & BACON
L: CHICKEN FAJITAS
D: CHICKEN SHWARMA SALAD W/ FETA DRESSING
SNACKS
+ PROTEIN SHAKE
+ BERRIES/FRUIT

GROCERY LIST

+ ROTISSERIE CHICKEN
+ SALMON/SHRIMP
+ EGGS
+ SWEET POTATOES
+ TURKEY BACON
+ LETTUCE/CABBAGE/ARUGULA
+ SPINACH
+ AVOCADO
+ LOW CARB CRACKER CRISPS
+ BERRIES
+ GREEK YOGURT 0% FAT
+ LOW CARB GRANOLA
+ DAVE'S KILLER POWER SEED BREAD
+ LOW CARB TORTILLAS
+ VEGETABLE STIR FRY
+ CAULIFLOWER RICE
+ BELL PEPPERS
+ PEANUT BUTTER
+ BANANAS
+ RICE/QUINOA
+ BROCCOLI/CAULIFLOWER

WEDNESDAY

B: EGGS W/ GOAT CHEESE, SPINACH ON DAVE'S POWER SEED BREAD
L: CHICKEN TACOS WITH BEANS & CABBAGE
D: CHICKEN SHWARMA WITH VEGGIES & RICE
SNACKS
+ BANANA PB TOAST
+ GREEK YOGURT W/ FRUIT & GRANOLA
+ PEANUT BUTTER

SATURDAY

B: BREAKFAST TACOS
L: GREEK YOGURT W/ GRANOLA & BERRIES
D: KALE SALAD W. BUTTERNUT SQUASH, QUINOA & CHICKEN
SNACKS
+ SNICKERDOODLE COOKIE
+ WINE
+ ICE CREAM
+ BANANA PB TOAST

elevated

everyday