



21 Day Spring MELTDOWN



QUICK START GUIDE MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

SNACK OPTIONS: SNACKS SHOULD BE THOUGHT OF AS SMALLER “MEALS”.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Banana Nut Porridge	Quickie Veggie Egg Muffins	Banana Nut Porridge	Quickie Veggie Egg Muffins	Omelet Muffins	Mushroom Fritata with Onion Hash	Omelet Muffins
LUNCH	Italian Pork Roast with Kale Brussels Sprout Bacon Salad Acorn Squash	Spinach Salad w/ Rotisserie Chicken Dressing: Olive Oil, Lemon Juice S&P	Vegetable Soup & Hard Boiled Eggs	Spinach Salad w/ canned Salmon Dressings: Olive Oil, Balsamic Vinegar, S&P	Chicken "Noodle" Soup Over Quinoa	Mexicali Beef & Cauliflower Rice	Slow Cooker Chili & Brown Rice
DINNER	Mushroom & Brown Rice Kale Enchiladas in Red Sauce (Prep on Sunday)	Lemon Dill Salmon, Green Veggie, Butternut Squash	Pot Roast w/ Carrots, Mashed Cauliflower	Spaghetti Squash w/ Marinara Sauce & Steamed Vegetables	Almond Flax Chicken w/ Brown Rice Risotto & Roasted Vegetables	Courgette Pasta Puttanesca and Steamed Vegetables	Italian Pork Roast w/Kale-Brussels Sprout-Bacon Salad, Acorn Squash
SNACKS							

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