



# Sample Meal Plan

## MONDAY

Breakfast	<a href="#">Sausage, Egg Casserole with Veggies</a> optional Slice of toast
Lunch	<a href="#">Easy Healthy BLT Chicken Salad</a>
Snack	<a href="#">Everything Bagel Cucumber Bites</a> Pair up with a glass of <a href="#">Ultra Greens</a>
Dinner	<a href="#">The Easiest Crockpot Chicken Fajita</a>

## TUESDAY

Breakfast	<a href="#">Sausage, Egg Casserole with Veggies</a> optional Slice of toast
Lunch	<a href="#">Easy Healthy BLT Chicken Salad</a>
Snack	<a href="#">Slices Apples with PB2 &amp; Yogurt</a>
Dinner	<a href="#">Paleo Slow Cooker Meatballs in Marinara Sauce</a>

## WEDNESDAY

Breakfast	<a href="#">Sausage, Egg Casserole with Veggies</a> optional Slice of toast
Lunch	<a href="#">Easy Healthy BLT Chicken Salad</a>
Snack	<a href="#">Everything Bagel Cream Cheese Stuffed Peppers</a>
Dinner	<a href="#">Weight Watchers Tuscan Chicken Pasta</a>

## THURSDAY

Breakfast	<a href="#">Sausage, Egg Casserole with Veggies</a> optional Slice of toast
Lunch	<a href="#">Easy Healthy BLT Chicken Salad</a>
Snack	Protein Waffle with Almond Butter
Dinner	<a href="#">Greek Turkey Burgers with Tzatziki Sauce</a>

## FRIDAY

Breakfast	<a href="#">Sausage, Egg Casserole with Veggies</a> optional Slice of toast
Lunch	Left overs
Snack	<a href="#">Ham &amp; Cheese Roll ups</a>
Dinner	<a href="#">Build your own Pizza. Try this Skinny Buffalo Chicken Flatbread</a>

