

MEAL PLANNING: CHART FOR THE WEEK!

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAK	20-OUNCES WATER WITH FRESH LEMON TBFC COFFEE GREEN LEMONADE	20-OUNCES WATER WITH FRESH LEMON TBFC COFFEE GREEN LEMONADE WITH ONE FRUIT	20-OUNCES WATER WITH FRESH LEMON TBFC COFFEE GREEN LEMONADE	20-OUNCES WATER WITH FRESH LEMON TBFC COFFEE GREEN LEMONADE	20-OUNCES WATER WITH FRESH LEMON TBFC COFFEE GREEN LEMONADE	20-OUNCES WATER WITH FRESH LEMON TBFC COFFEE GREEN LEMONADE	20-OUNCES WATER WITH FRESH LEMON TBFC COFFEE GREEN LEMONADE
SNACK	KRISTIE'S HUNGRY GIRL OMELET HERBAL TEA	SMOOTHIE HERBAL TEA	HUGE SALAD HERBAL TEA	KRISTIE'S HUNGRY GIRL OMELET HERBAL TEA	HUGE SALAD HERBAL TEA	SMOOTHIE HERBAL TEA	KRISTIE'S HUNGRY GIRL OMELET HERBAL TEA
LUNCH	AVOCADO SALAD	CHICKEN SALAD	AVOCADO SALAD	KRISTIE'S FAVORITE SALAD	AVOCADO SALAD	CHICKEN SALAD	TACO SALAD
SNACK	HARD BOILED EGGS SLICED TOMATO ROMAINE LETTUCE VEGANAISE	ZUCHINNI 'CHIPS' WITH GUACAMOLE	GRILLED CHICKEN STRIPS SALSA	HARD BOILED EGGS SLICED TOMATO ROMAINE LETTUCE VEGANAISE	ZUCHINNI 'CHIPS' WITH GUACAMOLE	GRILLED CHICKEN STRIPS SALSA	GRILLED CHICKEN STRIPS SALSA
DINNER	SIMPLE GRILLED CHICKEN STEAMED GREEN BEANS OR ASPARAGUS	SWEET POTATO FRIES WARM KALE, QUINOA, SALAD	TBFC MEXICAN RICE SALAD	SIMPLE GRILLED CHICKEN STEAMED GREEN BEANS OR ASPARAGUS	KRISTIE'S HUNGRY GIRL OMELET HERBAL TEA	TBFC MEXICAN RICE SALAD	SWEET POTATO FRIES WARM KALE, QUINOA, SALAD
SNACK	RAW GOAT CHESE CUT UP VEGGIES	GRILLED CHICKEN STRIPS SALSA	ZUCHINNI 'CHIPS' WITH GUACAMOLE	RAW GOAT CHESE CUT UP VEGGIES	GRILLED CHICKEN STRIPS SALSA	ZUCHINNI 'CHIPS' WITH GUACAMOLE	TBFC POPCORN
MISC.	RED WINE WITH DARK CHOCOLATE					RED WINE WITH DARK CHOCOLATE	RED WINE WITH DARK CHOCOLATE