

# meal plan it up - prescribe nutrition style

\*This meal plan is for 2-4 people - please adjust accordingly!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Sun-dried Tomato Frittata	Blueberry Basil Zest Smoothie	Sun-dried Tomato Frittata	Blueberry Basil Zest Smoothie	Sun-dried Tomato Frittata	Banana Blueberry Pancakes	Banana Blueberry Pancakes
<b>LUNCH</b>	Thai Chicken Coconut Soup	Thai Chicken Coconut Soup leftovers	Thai Chicken Coconut Soup leftovers	White Chicken Chili leftovers	White Chicken Chili leftovers	Kale Avocado Salad	Clean out the fridge // leftovers!
<b>DINNER</b>	Zucchini Pesto Pasta (with meat if you want!)	Soy Ginger Chicken	White Chicken Chili	"Trader Joe's" Stir fry	Out to Eat	Out to Eat or leftovers!	Clean out the fridge // leftovers!

## bonus notes:

Leftovers are our friend. If you don't like leftovers, sorry you might have to throw in a few extra meals!

"Trader Joe's" stir fry may be the easiest meal in this plan...it's not even a 'real recipe' if you ask us. Here's what to do:

1. Go to Trader Joe's and buy all the pre-shredded veggies you want to include. We love brussels sprouts, carrots, celery...the works.
2. Sauté your veggies in a large pan with your choice of protein (we love chicken).
3. Add in a stir fry sauce of your choice (Trader Joes or any grocery stores actually have plenty of options!)
4. Serve over regular rice or cauliflower rice (which you can also buy at good ol' TJ's) if you want to make this meal grain-free.

This isn't on the official meal plan but we like to have a snack ready to grab so we're armed and ready when the hunger strikes. Our infamous Protein Power Bars are perfect for this.