

Full Meal Plan Vol. 7 | {2B Mindset - Plate It!}

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Gluten Free Make Ahead Freezer Waffles Eggs and Bacon	Gluten Free Make Ahead Freezer Waffles Eggs and Bacon	Gluten Free Make Ahead Freezer Waffles Eggs and Bacon	Gluten Free Make Ahead Freezer Waffles Eggs and Bacon	Gluten Free Make Ahead Freezer Waffles Eggs and Bacon
Snack	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries AND Sliced cucumbers w/ sea salt or Everything Bagel Seasoning	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries AND Baby carrots w/ nut butter	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries AND Sliced cucumbers w/ Everything Bagel Seasoning and mashed avocado	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries AND Sliced cucumbers w/ Everything Bagel Seasoning and mashed avocado	Shakeology w/ fruit OR Whipped Ricotta w/ Strawberries AND Baby carrots w/ nut butter
Lunch	Greek Pasta Salad Topped with Grilled Chicken or Tuna	Greek Pasta Salad Topped with Grilled Chicken or Tuna	Greek Pasta Salad Topped with Grilled Chicken or Tuna	Greek Pasta Salad Topped with Grilled Chicken or Tuna	Greek Pasta Salad Topped with Grilled Chicken or Tuna
Dinner	Cauliflower Cheeseburger "Mac" Side salad dressed w/ EVOO & Lemon Juice	Taco Zucchini Boats Side salad dressed w EVOO & Lemon Juice	Low Carb Stuffed Pepper Soup	Instant Pot Chicken and Broccoli (w/ double broccoli or served over cauli rice)	Beanless Chili (topped with avocado)