



# Week One

# MENU

# Plan A

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	<input type="checkbox"/> Shakeology <input type="checkbox"/> ½ banana	<input type="checkbox"/> Shakeology <input type="checkbox"/> fruit (1 cup)	<input type="checkbox"/> Shakeology <input type="checkbox"/> 1 c fruit	<input type="checkbox"/> Shakeology <input type="checkbox"/> fruit (1 cup)	<input type="checkbox"/> Shakeology <input type="checkbox"/> ½ banana	<input type="checkbox"/> Shakeology <input type="checkbox"/> fruit (1 cup)	<input type="checkbox"/> Shakeology <input type="checkbox"/> ½ banana
<b>SNACK</b>	<input type="checkbox"/> 6 slices turkey lunch meat <input type="checkbox"/> 1c cucumber slices <input type="checkbox"/> ½ 2 TBS hummus	<input type="checkbox"/> 1 c fresh veggie sticks <input type="checkbox"/> 2 tsp peanut butter	<input type="checkbox"/> 6 slices turkey lunch meat <input type="checkbox"/> 1c cucumber slices <input type="checkbox"/> ½ 2 TBS hummus	<input type="checkbox"/> 1 c fresh veggie sticks <input type="checkbox"/> 2 tsp peanut butter	<input type="checkbox"/> 6 slices turkey lunch meat <input type="checkbox"/> 1c cucumber slices <input type="checkbox"/> ½ 2 TBS hummus	<input type="checkbox"/> 1 c fresh veggie sticks <input type="checkbox"/> 2 tsp peanut butter	<input type="checkbox"/> 6 slices turkey lunch meat <input type="checkbox"/> 1c cucumber slices <input type="checkbox"/> ½ 2 TBS hummus
<b>LUNCH</b>	<input type="checkbox"/> grilled chicken <input type="checkbox"/> ½ c lettuce <input type="checkbox"/> ½ c shredded carrots <input type="checkbox"/> ½ c black beans <input type="checkbox"/> 2 TBS dressing <input type="checkbox"/> ¼ avocado	<input type="checkbox"/> grilled chicken <input type="checkbox"/> ½ c lettuce <input type="checkbox"/> ½ c shredded carrots <input type="checkbox"/> ½ c edamame <input type="checkbox"/> 2 TBS dressing <input type="checkbox"/> 2 TBS sliced almonds	<input type="checkbox"/> grilled chicken <input type="checkbox"/> ½ c lettuce <input type="checkbox"/> ½ c shredded carrots <input type="checkbox"/> ½ c black beans <input type="checkbox"/> 2 TBS dressing <input type="checkbox"/> ¼ avocado	<input type="checkbox"/> grilled chicken <input type="checkbox"/> ½ c lettuce <input type="checkbox"/> ½ c shredded carrots <input type="checkbox"/> ½ c edamame <input type="checkbox"/> 2 TBS dressing <input type="checkbox"/> 2 TBS sliced almonds	<input type="checkbox"/> grilled chicken <input type="checkbox"/> ½ c lettuce <input type="checkbox"/> ½ c shredded carrots <input type="checkbox"/> ½ c black beans <input type="checkbox"/> 2 TBS dressing <input type="checkbox"/> ¼ avocado	<input type="checkbox"/> grilled chicken <input type="checkbox"/> garden salad <input type="checkbox"/> whole wheat crackers <input type="checkbox"/> 2 TBS dressing <input type="checkbox"/> 2 TBS sliced almonds	<input type="checkbox"/> grilled chicken <input type="checkbox"/> ½ c lettuce <input type="checkbox"/> ½ c shredded carrots <input type="checkbox"/> ½ c black beans <input type="checkbox"/> 2 TBS dressing <input type="checkbox"/> ¼ avocado
<b>SNACK</b>	<input type="checkbox"/> 1 apple <input type="checkbox"/> 2 tsp peanut butter	<input type="checkbox"/> ¼ c Greek yogurt (plain) <input type="checkbox"/> 1 c fruit <input type="checkbox"/> 2 TBS nuts	<input type="checkbox"/> 1 apple <input type="checkbox"/> 2 tsp peanut butter	<input type="checkbox"/> ¼ c Greek yogurt (plain) <input type="checkbox"/> 1 c fruit <input type="checkbox"/> 2 TBS nuts	<input type="checkbox"/> 1 apple <input type="checkbox"/> 2 tsp peanut butter	<input type="checkbox"/> ¼ c Greek yogurt (plain) <input type="checkbox"/> 1 c fruit <input type="checkbox"/> 2 TBS nuts	<input type="checkbox"/> 1 apple <input type="checkbox"/> 2 tsp peanut butter
<b>DINNER</b>	<input type="checkbox"/> grilled fish <input type="checkbox"/> sweet potato <input type="checkbox"/> grilled veggies	<input type="checkbox"/> ground turkey <input type="checkbox"/> shredded potatoes <input type="checkbox"/> zucchini, peppers	<input type="checkbox"/> grilled fish/chicken <input type="checkbox"/> sweet potato <input type="checkbox"/> grilled veggies	<input type="checkbox"/> ground turkey <input type="checkbox"/> whole wheat noodles <input type="checkbox"/> zucchini, peppers, tomatoes	<input type="checkbox"/> grilled burger <input type="checkbox"/> potato <input type="checkbox"/> tomato, cucumber, lettuce	<input type="checkbox"/> chicken <input type="checkbox"/> ½ c lettuce <input type="checkbox"/> ½ c cucumber <input type="checkbox"/> whole wheat crackers	<input type="checkbox"/> grilled burger <input type="checkbox"/> potato <input type="checkbox"/> tomato, cucumber, lettuce
<b>WORKOUT</b>	<b>SPEED 25</b>	<b>STRENGTH 25</b>	<b>SPEED 25</b>	<b>STRENGTH 25 SHIFT CORE</b>	<b>SPPED 25</b>	<b>STRENGTH 25 SHIFT CORE</b>	<b>REST or SHIFT MOBILITY</b>

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