

Daily Food Journal

Meal Plan Fix



	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	<u>Egg White Omelette</u>	<u>Zesty Shrimp Zoodle</u>	<u>Teriyaki Beef Jerky</u>	<u>Jamaican Me Happy w/ Chicken</u>
TUESDAY	<u>Honey-Cinnamon English Muffin</u>	<u>California Turkey Pita</u>	<u>Tomato, Cucumber, & Corn Salad</u>	<u>Loaded Baked Sweet Potatoes</u>
WEDNESDAY	<u>Blueberry & Yogurt Smoothie</u>	<u>Shrimp Salad</u>	<u>ShotGun Poppers</u>	<u>Slow Cooker Pork & Sauerkraut</u>
THURSDAY	<u>Banana Berry Smoothie</u>	<u>Spicy Black Bean Quesadillas</u>	<u>Guacamole Dip</u>	<u>Buffalo Chicken w/sides</u>
FRIDAY	<u>Overnight Oats w/ blueberries</u>	<u>Homemade Chicken Salad</u>	<u>Creamy Cucumber Dill Salad</u>	<u>Salmon & Shrimp Foil Pack</u>
SATURDAY	<u>Berry Yogurt Crunch</u>	<u>Caprese Salad</u>	<u>Kale Chips</u>	<u>Grilled Chicken Salad</u>
SUNDAY	<u>Banana-Nut Cereal</u>	<u>Black Bean Taco Salad</u>	<u>Lemony Fennel Salad</u>	<u>Lemon Garlic Shrimp w/ Zucchini</u>