

SUGAR SEPTEMBER FREE MEAL PLAN WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast</i>	<u>High Protein Pumpkin Pancake</u>	Nut Butter & Fruit Wrap	<u>Green Chile and Cheese or Spinach Feta DIY Frozen Breakfast Burrito *</u>	<u>Green Chile and Cheese or Spinach Feta DIY Frozen Breakfast Burrito *</u>	Smoothie- 1/3 cup plain greek yogurt, 1 cup frozen fruit, 1T Peanut Butter, Unsweetened Vanilla Almond Milk & Ice
<i>Lunch</i>	Grilled Chicken Salad with optional add ins V: Sub Beans or Tofu	Grilled Chicken Salad with optional add ins V: Sub Beans or Tofu	<u>Broccoli Cheddar Oatmeal Bake Leftovers</u>	Salmon Salad with Optional Addi Ins V: Sub Beans	Salad with Canned Tuna and optional add ins V: Sub Beans
<i>Dinner</i>	<u>Kale & Chorizo Stuffed Acorn Squash</u> V: Sub Tofu Chorizo	<u>Broccoli Cheddar Oatmeal Bake & Grilled Chicken Breast</u> V: Baked or Grilled Tofu or Eggs	Grilled Salmon (or Salmon Burger), Brown Rice, Veggies** V: Sub Edamame and Bean Mix	<u>Zucchini and Chicken Sausage Bowl</u> V: Green Apple and Quesadilla	<u>Shrimp and Broccoli Omelet</u> V: Use another egg instead of shrimp