








# Mini MEAL Plan

Veggies	Fruits	Protein	Carbs	Healthy Fats	Dressing/Seeds	Oils/Butters
						
x3	x2	x4	x2	x1	x1	x2

Breakfast

-  Oatmeal
-  Berries
-  Natural PB

Snack

-  Shakeology
-  Banana

Lunch

-  Broccoli
-  Brown Rice
-  Chicken Breast

Snack

-  Veggies
-  Greek Yogurt

Dinner

-  Salad/Veggies
-  Chicken Breast
-  Feta
-  Dressing

