

Meal Plan Week of January 11, 2016 - Hammer and Chisel Week 2

Blog: theartofcomfortbaking.blogspot.com

Beachbody Site: www.beachbodycoach.com/brookegriffin

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Chisel Cardio	Max Hammer Strength	Chisel Agility & 15 minute Glute Chisel	Day Off	Hammer Power	Chisel Balance	Hammer Conditioning & 15 min Leg Hammer
Breakfast (7-8 am)	2 scrambled eggs, 2 slices turkey bacon ½ cup tomatoes, ½ cup spinach 2 slices whole-grain bread 1 tsp coconut oil	1 cup oats ½ banana cinnamon 2 hard boiled eggs	1 cup oats ½ banana 1 tsp natural pb cinnamon 2 hard boiled eggs	2 scrambled eggs, 2 slices turkey bacon ½ cup tomatoes, ½ cup spinach 1 slice whole-grain bread 1 tsp coconut oil	2 scrambled eggs, 2 slices turkey bacon ½ cup tomatoes, ½ cup spinach 1 slice whole-grain bread 1 tsp coconut oil	1 cup oats ½ banana cinnamon 2 hard boiled eggs	2 scrambled eggs, 2 slices turkey bacon ½ cup tomatoes, ½ cup spinach 1 slice whole-grain bread 1 tsp coconut oil
Snack (10-11 am)	Vanilla Shakeology ½ banana 1 tsp natural pb	Vanilla Shakeology ½ banana ½ cup spinach 1 tsp natural pb	Vanilla Shakeology ½ banana 1 tsp natural pb	Vanilla Shakeology 1 banana ½ cup spinach 1 tsp natural pb	Vanilla Shakeology ½ banana ½ cup spinach	Vanilla Shakeology ½ banana ½ cup spinach 1 tsp natural pb	Vanilla Shakeology ½ banana 1 tsp natural pb
Lunch (12:30-1:30 pm)	3 ¾ cups greens 3 slices low sodium turkey slices apple crumbled feta 2 TBSP Balsamic Dressing	3 ½ cups greens 3 slices low sodium turkey slices, 2 slices turkey bacon crumbled feta 2 TBSP Balsamic Dressing	3 ½ cups greens 3 slices low sodium turkey slices, 1 hardboiled egg apple 2 TBSP Balsamic Dressing	1 ½ cups greens, 1 medium tomato 3 slices low sodium turkey slices 1 whole grain wrap 2 TBSP Balsamic Dressing	2 cups greens, 1 medium tomato 3 slices low sodium turkey slices apple 1 whole grain wrap 2 TBSP Balsamic Dressing	4 cups greens 3 slices low sodium turkey slices, 1 hardboiled egg 2 TBSP Balsamic Dressing	1 ½ cups greens, ½ tomato 3 slices low sodium turkey slices 1 whole grain wrap 2 TBSP Balsamic Dressing 4 whole grain crackers
Snack (3-4 pm)	apple 2 tsp natural pb	apple 2 tsp natural pb	apple 2 tsp natural pb	apple 2 tsp natural pb	apple 2 tsp natural pb	apple 2 tsp natural pb	apple 1 tsp natural pb
Dinner (6-7 pm)	Crock Pot White Chicken Chili: ¾ cup chicken 1/4 cup onion 1 cup northern beans	Stir Fry: ¾ cup chicken 1 cup broccoli 1 cup brown rice 1 tsp coconut oil stir fry sauce	Turkey/Avocado BLTs 4 slices turkey bacon ¼ cup tomato, ¼ cup romaine ½ cup avocado 2 slices whole-grain bread	Sweet Potato and Black Bean Chili ¾ cup turkey 1 cup diced tomato ½ cup sweet potatoes, ½ cup black beans	Chicken Burrito Bowls ¾ cup chicken ½ cup brown rice, 1/4 cup corn, 1/4 cup black beans ½ cup tomato, red onion ½ cup avocado	Turkey Burgers: ¾ cup ground turkey ¼ cup tomato, ¼ cup romaine ½ cup avocado 1 whole grain roll 1 tsp coconut oil	Eggplant Parm 3 turkey meatballs 2 cups eggplant 1 cup red sauce ½ cup cheese 1/4 cup whole wheat bread crumbs, ½ cup whole grain pasta
Snack	¾ cup Greek yogurt 1 tsp natural pb	¾ cup Greek yogurt 1 tsp natural pb	¾ cup Greek yogurt 1 tsp natural pb	¾ cup Greek yogurt 1 tsp natural pb	¾ cup Greek yogurt 2 tsp natural pb	¾ cup Greek yogurt 1 tsp natural pb	¾ cup Greek yogurt 2 tsp natural pb

Green - 5	5	5	5	5	5	5	5
Purple - 3	3	3	3	3	3	3	3
Red - 5	5	5	5	5	5	5	5
Yellow - 4	4	4	4	4	4	4	4
Blue - 1	1	1	1	1	1	1	1
Orange - 1	1	1	1	1	1	1	1
Teaspoons - 5	5	5	5	5	5	5	5