

# HIGH PROTEIN MEAL PLAN

## BREAKFAST

MON	TUE	WED	THU	FRI
Almond Butter Protein Oats	Spinach and Mushroom Egg Bake	Almond Butter Protein Oats	Spinach and Mushroom Egg Bake	Almond Butter Protein Oats

## LUNCH

MON	TUE	WED	THU	FRI
Peanut Chicken Wraps	Southwest Salad	Peanut Chicken Wraps	Southwest Salad	Peanut Chicken Wraps

## DINNER

MON	TUE	WED	THU	FRI
Italian Chicken Bake	Egg Roll in a Bowl	Cilantro Lime Grilled Chicken	Italian Chicken Bake	Egg Roll in a Bowl

REMEMBER TO EAT ACCORDING TO YOUR GOALS.