

# LOSE WEIGHT BY EATING WEEKLY MEAL PLANNER

Choose 2 breakfasts, 2 lunches and 5 dinners from

[www.loseweightbyeating.com](http://www.loseweightbyeating.com) then plug them in below

	BREAKFAST	LUNCH	DINNER	SNACK
<b>Monday</b>	Apple Cinnamon Breakfast Quinoa (222 Cal)	Greek Salad (249 Cal)	Fajitas w/ 4 tortillas (448 Cal)	3 cups strawberries 3 cups air popcorn (300 Cal)
<b>Tuesday</b>	Peaches and Cream Breakfast Smoothie (331 Cal)	Vegetarian Lunch Wraps (250 or 303 Cal)	Roasted Chic and Avocado Caesar (371 Cal)	2 cups watermelon 13 almonds (200 Cal)
<b>Wednesday</b>	Apple Cinnamon Breakfast Quinoa (222 Cal)	Greek Salad (249 or 305 Cal)	Strawberry Salad- w/ leftover chicken (313 Cal)	3 cups strawberries 3 cups air popcorn (300 Cal)
<b>Thursday</b>	Peaches and Cream Breakfast Smoothie (331 Cal)	Vegetarian Lunch Wraps (250 or 303 Cal)	Baked Potatoes and Avocado Caesar (429 Cal)	2 cups watermelon 13 almonds (200 Cal)
<b>Friday</b>	Apple Cinnamon Breakfast Quinoa (222 Cal)	Greek Salad (249 or 305 Cal)	Wine Steak and Greek Salad (378 Cal)	3 cups strawberries 3 cups air popcorn (300 Cal)
<b>Saturday</b>	Peaches and Cream Breakfast Smoothie (331 Cal)	Vegetarian Lunch Wraps (250 or 303 Cal)	Steak Panini- w/ leftover steak (340 Cal)	2 cups watermelon 13 almonds (200 Cal)
<b>Sunday</b>	Banana Almond Butter Oatmeal (375 Cal)	Beet Salad (388 or 441 Cal)	Yardbird Tacos (Tequila Lime Chicken Tacos) (331 Cal)	1 cup strawberries 1 cup air popcorn (100 Cal)

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