



Britt's Performance Meal Plan

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY	Cinnamon Roll Baked Oatmeal + Vanilla Greek Yogurt	Pesto Turkey Sandwich + Apple + Pretels & hummus	Strip steak, Avocado & Quinoa Bowls with Herb Dressing	Banana, protein bar, protein shake, cheese and crackers
TUESDAY	Greek yogurt bowl with peanut butter, granola and Berries	Salmon, Quinoa, and Avocado Salad	Turkey Burger w/caramelized onions, tzatziki, and grilled veggie skewers	Pita bread + hummus Turkey stick + granola bar Protein shake
WEDNESDAY	Egg 'n' English Muffin + clementines	Couscous Lentil Salad	Basil Pesto Pasta w/ chicken + broccoli	Dried Mango, Cottage Cheese and Greek Yogurt Bowl, Chocolate Milk
THURSDAY	Protein Overnight Oats + berries	Grilled chicken + cheddar sandwich with fruit + baked chips	Pork chop Roasted Red Potatoes and Green Beans	Latte, apple & nut butter + popcorn + raw veggies & guac
FRIDAY	Eggs + wheat toast + banana	Turkey and Avocado Wrap + herb aioli and fruit + granola salad	Sheet pan Shwarma chicken + veggies on pita bread w/ Tzatziki	Luna Bar, Trail Mix, Fresh Fruit, Cheese Stick
SATURDAY	Cereal with milk and Blueberries + mixed nuts	Smoothie Bowl w/ assorted toppings	Curry ground turkey, roasted potatoes and veggie hash	Hard Boiled Eggs + Kodiak Cake Muffin + Veggies + Ranch
SUNDAY	Egg, potato and veggie scramble	Turkey Chili Baked Potato + Broccoli	Chicken Caprese w/ orzo + tomato/mozzarella + balsamic drizzle	That's It Bar + Beef Jerky + Protein Water