

# weekly meal plan

## **Breakfast**

Eggs

Yogurt

Protein shake

Meal replacement made into a muffin

- MRS in a coffee cup
- 1/3 cup water
- Stir with fork very well
- Microwave 90
- Flip over on a saucer & top with peanut butter

## **Snacks:**

Celery & PB

Apples & PB

Almonds

Jello

Hummus

## **Lunch:**

Meat vegetables

Snacks: Choose from list

## **Supper:**

Meat vegetables

