

HIGH-PROTEIN WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	PROTEIN
MON	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Chicken Salad	One Pan Chicken & Veggies	92 Grams
TUES	Overnight Oats <i>OR</i> Yogurt Parfait	No Lettuce Salad <i>OR</i> Chicken Salad	Salmon Tacos <i>OR</i> Chicken Tacos	87 Grams
WED	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Chicken Salad <i>OR</i> 1-Minute Wrap	Orange Pork Stir-Fry <i>OR</i> Chicken & Chickpea Curry	94 Grams
THURS	Overnight Oats <i>OR</i> Yogurt Parfait	Leftovers <i>OR</i> Mason Jar Salad	Mediterranean Bowls	65 Grams
FRI	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Chicken Salad <i>OR</i> 1-Minute Wrap	Leftovers	104 Grams
SAT	Protein Pancakes	Leftovers <i>OR</i> Mason Jar Salad	Ricotta Meatballs	92 Grams
SUN	Oatmeal Bake <i>OR</i> Sweet Potato Egg Cups	Leftovers <i>OR</i> Chickpea Greek Salad	Slow Cooker Pulled Pork	85 Grams

Netflix Protein Breakfast Last 90 Days

Richard Bailey



Netflix Protein Breakfast Last 90 Days:

Runner's World ,2008-07 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling *Men's Health* ,2008-01 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle The Advocate ,2004-08-17 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States

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