

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

Protein Breakfast Weekly Ad Guide

Nicole Hallissey



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Resources in Education, 1991 Serves as an index to Eric reports microform **Monthly Bulletin** A. W. Orr, 1913 *Nutrition Education, 1972-73* United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1973 **The Publishers Weekly**, 2003 Consumer News U.S. Office of Consumer Affairs, 1974

The Complete Manual of Fitness and Well-being, 1984 **Business Review Weekly**, 1992 A Woman's Guide to Business and Social Success Ruth Tolman, 1999-12 **Dietary Nutrient Guide** Jean A. Thompson Pennington, 1976 T. P.'s Weekly, 1911 *Healthy School Lunch Action Guide* Susan Campbell, 1994 **Meal Planning and Table Service in the American Home** Beth Bailey McLean, 1923 **Men's Health Total Fitness Guide**, 2002 The Missouri Yearbook of Agriculture Missouri. State Board of Agriculture, 1913

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