

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 Last 90 Days

R Barnett



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Sunset ,1978 **Good Housekeeping** ,1926 Title 7 Agriculture Parts 210-299 (Revised as of January 1, 2014)
Office of The Federal Register, Enhanced by IntraWEB, LLC,2014-01-01 The Code of Federal Regulations Title 7 contains the
codified Federal laws and regulations that are in effect as of the date of the publication pertaining to agriculture **Code of
Federal Regulations** ,2016 Special edition of the Federal Register containing a codification of documents of general
applicability and future effect with ancillaries *Better Homes and Gardens* ,1974 **Transactions of the Indiana
Horticultural Society for the Year ...** Indiana Horticultural Society. Annual Meeting,1927 The Reader's Digest DeWitt
Wallace,Lila Acheson Wallace,1977-10 **Annual Report of the Indiana State Horticultural Society; Proceedings of
the Annual Session** Indiana Horticultural Society,1927 **Nanotechnology in Food Packaging and Preservation**
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