

1,200-1,499 calories	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast 7:30am	2 eggs bell peppers	Overnight oats berries	2 eggs bell peppers berries	Overnight oats berries	2 eggs bell peppers berries	Overnight oats berries 2 hard boiled eggs	2 eggs bell peppers
Snack 10am	ShakeO (½ banana & 2 tsp pb)	ShakeO (2 tsp pb)	ShakeO (½ banana & 2 tsp pb)	ShakeO (2 tsp pb)	ShakeO (½ banana & 2 tsp pb)	ShakeO (2 tsp pb)	ShakeO (½ banana & 2 tsp pb)
Lunch 12:45	Greek Yogurt berries cinnamon (free food)	chicken (2) spinach assorted veggies (2 greens)	2 meatloaf muffins spinach/broccol i/tomato/carrots balsamic vinaigrette dressing	chicken spinach assorted veggies (2 greens)	2 meatloaf muffins spinach/broccol i/tomato/carrots balsamic vinaigrette dressing	chicken spinach assorted veggies (2 greens)	Greek Yogurt berries cinnamon (free food)
Snack 3pm	broccoli/carrots/ bell peppers hummus	2 clementines 1 string cheese	broccoli/carrots/ bell peppers hummus	apple 2 hard boiled eggs	broccoli/carrots/ bell peppers hummus	2 clementines 1 string cheese	broccoli/carrots/ bell peppers hummus
Dinner 6pm	tacos lean ground turkey 1 tortilla (1Y) lettuce/tomato	beef burger (1) sweet potato (1Y) steamed veggies	Chicken Brown Rice Steamed veggies	Turbo Fire Chili (1 R, 1 Y) asparagus avocado	rotisserie chicken salad greens & veggies (2G) balsamic vinegar (free food) sweet potato	Whole Grain tortilla pizza w/ spinach & turkey bacon	Baked Chicken & Quinoa
W.O.D.	Total Body Cardio	Upper Fix	Lower Fix	Pilates Fix	Cardio Fix	Dirty 30	Yoga Fix
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