

Sample Meal Plan: Costco

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Rising	Lemon Water	Lemon Water	Lemon Water	Lemon Water	Lemon Water	Lemon Water
Breakfast	Orgain Clean Protein Shake	Orgain Clean Protein Shake	Hard-Boiled Eggs + Fruit	Hard-Boiled Eggs + Fruit	Orgain Clean Protein Shake	Leftover Chicken Sausage + 1 Scrambled Egg + Leftover Veggies
Snack Optional	Mini Guacamole + Mini Bell Peppers	Pistachios	Mini Guacamole + Mini Bell Peppers	Yogurt + Fruit	Hard-Boiled Egg	Fruit
Lunch	Mini Meals 2 Go Protein Pack	Leftovers: Roasted Chicken Breast + Kale Salad	Leftovers: Sukhi's Roasted Tomato Curry + Quinoa	Mini Meals 2 Go Protein Pack	Any Leftovers + Veggie Sticks	Barley & Vegetable Soup + Salad
Snack Optional	Veggies + Hummus	Yogurt + Fruit	Veggies + Hummus	Mini Guacamole + Mini Bell Peppers	Pistachios	Fruit + Yogurt
Dinner	Roasted Chicken Breast + Kale Salad	Sukhi's Roasted Tomato Curry + Quinoa	Cantella's Chicken Tomato Stew + Salad	Frozen Wild Salmon + Roasted Broccoli (use *One-Pan Meal recipe from workbook)	Sabatino's Paleo Chicken Sausage + Pasta Sauce + Roasted Zucchini	BBQ Night: Grilled Chicken or Fish + Veggie Medley
Evening	Tea or *Hot Cocoa	Tea or *Hot Cocoa	Tea or *Hot Cocoa	Tea or *Hot Cocoa	Tea or *Hot Cocoa	Tea or *Hot Cocoa

Always reference your Recommended Foods List for Portion Sizes

*These recipes can be found in your REACH Workbook.

