

Sample Meal Plan: Trader Joe's

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Rising	Lemon Water	Lemon Water	Lemon Water	Lemon Water	Lemon Water	Lemon Water
Breakfast	*Egg Muffins	*Chia Pudding	*Egg Muffins	*Chia Pudding	*Apple + Almond Butter Yogurt	Protein Pancakes
Snack Optional	Jicama + Mango	Roasted Almonds	Jicama + Mango	Roasted Almonds	Jicama + Mango	*Smoothie
Lunch	Salad Palette Super Greens	Applegate Farms Roast Chicken + Baby Carrots & Tomatoes + Hummus	Legume & Spinach Salad Palette	Applegate Farms Roast Chicken + Baby Carrots & Tomatoes + Hummus	Leftover Stir Fry	*Citrus Slaw + Frozen Tuna Burger OR Hi-Protein Burger + Avocado
Snack Optional	1 Crispbread + Cottage Cheese + Roasted Bell Pepper	Rx Kids Bar	1 Crispbread + Cottage Cheese + Roasted Bell Pepper	Rx Kids Bar	Epic Bar	1 Crispbread + Cottage Cheese + Roasted Bell Pepper
Dinner	Wild Salmon + *Lentil Zucchini Bruschetta	Frozen Grass-Fed Burger on Salad	Baked Falafels + Lettuce, Tomatoes & Cucumber + Tzatziki Sauce	Stir Fry + Frozen Edamame + High Protein Tofu	Cauliflower Pizza Crust + Roasted Red Pepper Sauce + Misto All Griglia + Fat Free Feta	Shwarma Chicken Thighs + Broccolini + Tzatziki Sauce
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.



