

IN THE KITCHEN WITH



Monthly Meal Plan SPRING WEEK 1 & 2

Week One

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Breakfast

Asparagus Egg Frittata

Banana Protein Shake

Asparagus Egg Frittata

Banana Protein Shake

Asparagus Egg Frittata

Banana Protein Shake

Asparagus Egg Frittata

Lunch

Turkey and Cheese Roll-ups with Apples and Grapes

Mojito Braised Pork W/ Roasted Potato Salad

Tomato Soup with Avocado Chef's Salad

Flank Steak with Sugar Snap Peas and Asparagus

Lemon Fish Cakes with Romaine and Carrot Slaw

Southern Chicken Cobb Salad

Turkey Roll up and Santorini Salad

Dinner

Mojito Braised Pork W/ Roasted Potato Salad (marinate ahead)

Tomato Soup with Avocado Chef's Salad

Flank Steak with Sugar Snap Peas and Asparagus

Lemon Fish Cakes with Romaine and Carrot Slaw

Southern Chicken Cobb Salad

Open Faced Turkey Burgers with Santorini Salad

OUT

PREP FOOD FOR THE WEEK:
marinate pork for sunday ahead

Week Two

Breakfast

Goat Cheese, Sage & Swiss Chard Frittata

Mixed Berry Protein Shake

Goat Cheese, Sage & Swiss Chard Frittata

Mixed Berry Protein Shake

Mixed Berry Protein Shake

Egg Frittata Muffins/Bake

Goat Cheese, Sage & Swiss Chard Frittata

Lunch

Ham and Cheese Roll-ups Fresh Strawberries

Grilled Steak with Roasted Broccoli

BLT Salad

Grilled Lemon Chicken with Asparagus and Blue Cheese

Sautéed Shrimp with Glazed Walnuts

Spinach Salad with Ham and Veggies

Grilled Sausage & Pepper Skewers with Grilled Caesar Salad

Dinner

Grilled Steak with Roasted Broccoli

BLT Salad and fruit plate

Grilled Lemon Chicken with Asparagus and Blue Cheese

Pork Chops with Green Apple Slaw

Grilled Sausage & Pepper Skewers with Grilled Caesar Salad

"Leftover" Chicken and Veggie Soup using homemade chicken stock

OUT

PREP FOOD FOR THE WEEK:

*FLEX DAY-(note from Terry)
Saturday evenings and Sundays are considered a "flex" day. I offer recommendations to get you through the weekend but typically eat what is left over from the week as I do not like to waste anything.

visit www.IMagnoliaLane.com regularly for more information on healthy eating and new recipes

IN THE KITCHEN WITH



Monthly Meal Plan SPRING WEEK 3 & 4

Week Three

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|------------------|--|---|---|--|--|---|--|
| <i>Breakfast</i> | Migas in the Morning | Chocolate Peanut Butter Protein Shake | Migas in the Morning | Chocolate Peanut Butter Protein Shake | Migas in the Morning | Chocolate Peanut Butter Protein Shake | Migas in the Morning |
| <i>Lunch</i> | Tuna Salad & Carrot Sticks | French Onion Salisbury Steak with Cauliflower Mash | Mustard Glazed Pork Chops with Roasted Sweet Potatoes | Chicken and Cheese Enchilada Bake with Mexican Corn Salad | Baked Salmon with Brown Sugar & Mustard Glaze served with Sesame Green Beans | Eggplant Rollitini served with Cucumber and Red Onion Salad | Grilled Steak & Veggie Fajitas served with Guacamole |
| <i>Dinner</i> | French Onion Salisbury Steak with Cauliflower Mash | Mustard Glazed Pork Chops with Roasted Sweet Potatoes | Chicken and Cheese Enchilada Bake with Mexican Corn Salad | Baked Salmon with Brown Sugar & Mustard Glaze served with Sesame Green Beans | Eggplant Rollitini served with Cucumber and Red Onion Salad | Grilled Steak & Veggie Fajitas served with Guacamole | OUT |

PREP FOOD FOR THE WEEK:

Week Four

| | | | | | | | |
|------------------|------------------------------|--|--|--|--|---|---|
| <i>Breakfast</i> | Turkey Cup Egg Muffins | Mango Protein Shake | Turkey Cup Egg Muffins | Mango Protein Shake | Turkey Cup Egg Muffins | Mango Protein Shake | Turkey Cup Egg Muffins |
| <i>Lunch</i> | Grapefruit and Avocado Salad | Shepard's Pie | Chicken with Basil Cream, Tomatoes with Balsamic Glaze | Stuffed Portobello Mushrooms with Mixed Greens | Pork Marsala | Thai Chicken Cutlets with Mixed Greens | Veggie and Shrimp Kabobs with Broccoli Cashew Salad |
| <i>Dinner</i> | Shepard's Pie | Chicken with Basil Cream, Tomatoes with Balsamic Glaze | Stuffed Portobello Mushrooms with Mixed Greens | Pork Marsala | Thai Chicken Cutlets with Mixed Greens | Veggie and Shrimp Kabobs with Broccoli Cashew Salad | OUT |

PREP FOOD FOR THE WEEK: