

Faithful Workouts

MEAL PREP #3: MEAL PLAN

Day 1:

Dinner: Lemon, Dill Chicken breast over white bean mash, roasted vegetables and salad

Day 2:

Breakfast: Roasted Vegetable Egg Muffins

Lunch: Quinoa salad with black beans, peppers, tomatoes and cilantro lime dressing

Dinner: Chicken Fajitas with sweet potato and black bean cakes

Day 3:

Breakfast: Roasted Vegetable Egg Muffins

Lunch: Coconut Curry Soup

Dinner: Chicken Parmesan, quinoa with olive oil, salad

Print this meal plan to keep in your kitchen!