



FAITHFUL WORKOUTS MENU PLAN

WEEK TWO

Day 8

Breakfast:

- Green Smoothie

Lunch:

- Salad in a Jar

Dinner:

- Tuscan Kale and Sausage Soup

Day 9

Breakfast:

- Quick Pancake

Lunch:

- Tuscan Kale and Sausage Soup

Dinner:

- Salmon with Grilled Tomato, Beans and Salad

Day 10

Breakfast:

- Quick Pancake

Lunch:

- Salad in a Jar

Dinner:

- Salmon with Grilled Tomato, Beans and Salad

Day 11

Breakfast:

- Green Smoothie

Lunch:

- 1 Slice Toast with real peanut butter
- Berry Salad

Dinner:

- Brazilian Fish Stew

Day 12**Breakfast:**

- 1 Slice Toast with real peanut butter and ½ banana

Lunch:

- Brazilian Fish Stew

Dinner:

- Berry Salad
- Meatloaf

Day 13**Breakfast:**

- 1/2 Cup Plain Greek Yogurt with 1/4 cup chopped pecans, 1 cup Berries

Lunch:

- BBQ Chicken Tortilla Pizza

Dinner:

- Pasta with Chicken and Wilted Greens

Day 14**Breakfast:**

- 1/2 Cup Plain Greek Yogurt with 1/4 cup chopped pecans, 1 cup Berries

Lunch:

- Pasta with Chicken and wilted greens

Dinner:

- Meatloaf
- Sweet Potato Cakes