



## FAITHFUL WORKOUTS MENU PLAN

### WEEK FOUR/FIVE

#### Day 22

##### Breakfast:

- Green Smoothie
- 1 Slice Whole Wheat or Gluten Free Bread, 2 tsp. of Real Peanut or Almond Butter, 1/2 Banana

##### Lunch:

- Cream of Broccoli Soup
- Open Face Tuna Fish Sandwich

##### Dinner:

- Chicken Margarita
- Sautéed Green Beans
- Roasted Potatoes (Dice potatoes, sprinkle with olive oil, salt and pepper. Cook in preheated 450° oven for 40 minutes)

#### Day 23

##### Breakfast:

- Quick, Healthy Oatmeal
- Hard Boiled Egg

##### Lunch:

- Chicken Margarita
- Carrot Sticks with Healthy Dip

##### Dinner:

- Shrimp Fried Rice
- Asian Vegetable Soup

#### Day 24

##### Breakfast:

- 3/4 Cup of Brown Rice Topped with a Fried Egg

##### Lunch:

- Asian Vegetable Soup
- 1/2 Avocado with Balsamic, Vinegar and Salt

##### Dinner:

- Mexican Chicken
- Spanish Quinoa
- Side Salad of Lettuce, tomatoes, celery olive oil and balsamic vinegar mixed together

## Day 25

### Breakfast:

- Quinoa Scramble
- 1/2 Grapefruit

### Lunch:

- Chicken Burrito
- Sliced Mango with Fresh Lime Juice and Chili Powder

### Dinner:

- Orange, Ginger, Soy Salmon (make extra for your lunch tomorrow)
- Bake Sweet Potato (make extra for tomorrow's breakfast)
- Sautéed Snap Peas, Mushrooms and Onions

## Day 26

### Breakfast:

- Fried Sweet Potatoes
- Egg Cooked Your Favorite Healthy Way

### Lunch:

- Salmon Salad - Lettuce topped with Salmon, Diced Apple, 1/4 Cup Crumbled Goat Cheese and Slivered Almonds.
- Asian Dressing

### Dinner:

- Chicken Cacciatore
- Side Salad with Choice of Dressing

## Day 27

### Breakfast:

- Vegetable Omelet

### Lunch:

- Cobb Salad
- 1 cup grapes

### Dinner:

- Grilled Chicken with Peach Sauce (make extra chicken for tomorrow's lunch)
- Grapefruit Caesar Salad

### Dessert:

- 1/2 Cup of Plain Greek (or Dairy Free) Yogurt, 1 Tbsp Orange Juice, and 1/2 a Cup of Sliced Berries

## Day 28

### Breakfast:

- Yogurt Parfait

### Lunch:

- Green Smoothie
- Mexican Lettuce Wrap

**Dinner:**

- Meatloaf
- Peas
- Mashed Cauliflower

**Day 29****Breakfast:**

- Vegetables with Poached Egg

**Lunch:**

- Roasted Pear and Goat Cheese Salad

**Dinner:**

- Tuscan Kale Soup
- Roasted Balsamic Brussels Sprouts with Grapes and Goat Cheese

**Day 30****Breakfast:**

- 1 Piece of Your Favorite Fruit
- 1 Slice Whole Wheat or Gluten Free Toast with 1 tsp Peanut or Almond Butter

**Lunch:**

- Tuscan Kale Soup
- 1/2 Avocado with Balsamic Vinegar

**Dinner:**

- Lemon Thyme Grilled Chicken Salad
- Baked Sweet Potato

**Dessert:**

- Tropical Smoothie

**Day 31****Breakfast:**

- 1/2 Cup of Plain Greek yogurt, 1/4 cup chopped pecans, 1 cup berries

**Lunch:**

- Thai Noodles and Chicken

**Dinner:**

- Salmon with Grilled Tomatoes, Green Beans, and Salad