

Meal Plan: Week 4

Monday

Breakfast	Lunch	Dinner
Deviled Ham n'Eggs	7 Not-Bucks Bento Box	Vegetarian Enchilada bowls
Fruit	0 Hard Boiled Eggs	4 Quinoa
Coffee/Tea	Red pepper strips	0 Chopped Vegetables
1 ounce lean ham chopped, 2 eggs, yolks removed. Mash egg, ham and a little plain greek yogurt. Season with paprika, salt and pepper.	Grainy mustard	0 Enchilada sauce
	BabyBel Cheese	3 Cheese
	Grapes	0 Cilantro
Points	7 SP	9 SP

Tuesday

Breakfast	Lunch	Dinner
Yogurt Parfait	Black Bean Tacos	8 Meatloaf (See Recipe)
Yogurt (Whole Milk , Greek)	6 Coleslaw	2 Steamed Broccoli
Fruit	0 (See Recipe)	Baked Potato
1 tbls almonds	1	5
Points	7 SP	10 SP
		10 SP

Wednesday

Breakfast	Lunch	Dinner
Overnight Oats	5 Meatloaf Sandwiches	5 Pork Tenderloin (6 ounce)
(see recipe)	Meatloaf	Vegetable Hash (see recipe)
	Lettuce	
	Mustard	
	Pita Bread	
	4	
	Sliced Cucumber	
Points	5 SP	9 SP
		9 SP

Thursday

Breakfast		Lunch		Dinner	
Yogurt Parfait		Italian Sub Salad		Pulled Pork Sliders	12
Yogurt (Whole Milk , Greek)	6	Lettuce		Corn salad	2
Fruit	0	No Nitrate Salami	3	(See Recipe)	
1 tbls almonds	1	Shredded parmesan	1		
		Oil and Vinegar dressing	2		
		Sun dried tomatoes			
		Cucumber slices	2		
	7 SP		8 SP		8 SP

Friday

Breakfast		Lunch		Dinner	
Overnight Oats	5	BBQ Pork Salad		Zuchinni Pasta with Chick	5
Milk of your choice		Left over pulled pork	4	Green Salad	
Chopped fruit		Chopped Romain		Salad dressing	2
		Sliced Cucumber			
		Tomatoes			
		Fresh ranch dressing	2		
	5 sp		6 SP	http://easyfitnessandfoodtipswithmelissa.com/?p=2546	7 SP

Saturday

Breakfast		Lunch		Dinner	
Scrambled eggs	4	Lettuce Cups		Pork Chops with Mustard	6 SP
Sauteed Mushrooms	0	Leftover chicken	3 SP	Whipped Sweet Potatoes	3 SP
Fresh Spinach		Leftover chopped Vegetables		Sauteed Zuchinni	0 SP
Cheese	5	Lettuce	0	Glaze: Mix equal parts mustard with apricot jam, brush on porkchops while baking	
		Chopped Baby Bel Cheese	3 SP		
		Vinegrette	2 SP		
	9 SP		8 SP		9 Sp

Sunday

Breakfast		Lunch		Dinner	
Banana Pancakes	5	Leftovers for Lunch		Sheet Pan Chicken	
Fruit				2 Chicken breasts	4
				1 lb chopped veg	0
				Seasoning + 1 tbls oil	4
	5 sp		4 SP	(Cook at 400 for 30 min)	8 SP