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DAY 1



2 Egg Breakfast Muffins (P, F, G)
1/2 cup Sweet Potato Discs, diced (C)

Pineapple Squared Green Smoothie (P, C, G)

REAL TWO

1 Turkey Burger (P)
1/2 cup Wild Rice (C)
1/4 Avocado (F)

V: 1 Black Bean Quinoa Burger (C, P) + Avocado (F, G)

REAL THRE

2 Chocolate Protein Muffins (P, F)

REAL FOOD

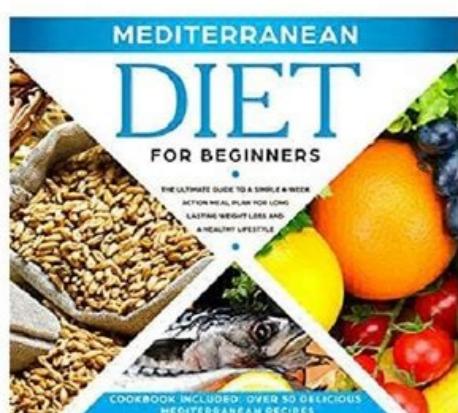
1 serving Chicken Nuggets (P, F)
1/2 cup Baked Zucchini (G)

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V: 1 serving Chickpea Nuggets (P, C, F)
+ Zucchini (G)

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	The Nourishing Home's Healthy Weekly Meal Plan						
(For more meal planning ideas and recipes, visit http://TheNourishingHome.com)							
Meals	MON	TUES	WED	THURS	FRI	SAT	SUN
Dinner							
Lunch							
Breakfast							
Do Ahead	MON	TUES	WED	THURS	FRI	SAT	SUN
Tasks to do to "prep" for next day							



[Download Books Mediterranean Diet for Beginners: The Ultimate Guide to a Simple 4-Week Action Plan for Long Lasting Weight Loss and a Healthy Lifestyle](#)

DESCRIPTION :

Mediterranean Diet for Beginners: The Ultimate Guide to a Simple 4-Week Action Plan for Long Lasting Weight Loss and a Healthy Lifestyle Some book writers package their eBooks Mediterranean Diet for Beginners: The Ultimate Guide to a Simple 4-Week Action Plan for Long Lasting Weight Loss and a Healthy Lifestyle with advertising content and also a sales web page to bring in more prospective buyers. The one problem with PLR eBooks Mediterranean Diet for Beginners: The Ultimate Guide to a Simple 4-Week Action Plan for Long Lasting Weight Loss and a Healthy Lifestyle is should you be promoting a constrained amount of every one, your profits is finite, however, you can charge a superior cost per duplicate Mediterranean Diet for Beginners: The Ultimate Guide to a Simple 4-Week Action Plan for Long Lasting Weight Loss and a Healthy Lifestyle But if you want to make lots of money being an book author Then you certainly want to have the ability to publish fast. The more rapidly you may deliver an e-book the faster you can start advertising it, and youll go on providing it For a long time as long as the

[Click here for this week's meal plan](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					
Slow Cooker Beef Stroganoff 7 WW SP	Cheeseburger Hash Brown Cups 6 WW SP	Beef & Broccoli Stir-Fry w/ Quinoa 8 WW SP	Shredded BBQ Chicken Sandwiches 6 WW SP	Easy Chicken Fajitas 2 WW SP	Turkey and Cheese Pesto Sandwiches 5 WW SP
1 1/2 lb. lean beef stew meat, cut into 1" cubes 1 onion 1 clove garlic, minced 1 t. salt 1/4 t. ground black pepper 1 lb. mushrooms, sliced 1 can (10.75 oz.) fat-free cream of mushroom soup 1 c. water 1 c. fat-free sour cream 3 c. uncooked egg noodles	30 oz. shredded hash brown potatoes, pre-shredded refrigerated (such as Simply Potatoes or Raset's) 2 T. olive oil 1 t. salt Black pepper to taste .5 c. diced onion 1 lb. 95% lean ground beef 1 T. hamburger seasoning (McCormick brand recommended) 1 T. ketchup 2 t. yellow mustard 6 grape tomatoes .5 c. cup shredded 2% cheddar cheese	3 T. reduced-sodium soy sauce 1 T. rice wine vinegar 1/4 t. crushed red-pepper flakes 1 1/2 lb. boneless beef top round 2 stalks broccoli 1 (14.5 oz.) can fat-free reduced sodium chicken broth 1 T. cornstarch 2 T. EVOO 3 cloves garlic, minced 2 T. fresh ginger, peeled and thinly sliced or chopped (jarred ginger (in produce by jarred garlic)) 1 large red bell pepper .5 c. uncooked quinoa	Ingredients for Chicken: 2 lbs. boneless, skinless chicken breast 1 large onion 1 (16 oz) bottle of Sweet Baby Ray's Honey BBQ sauce or your favorite Ingredients for Cole slaw: 6 c. (10 oz) bag shredded white cabbage 1 c. shredded carrots .5 c. scallions, chopped 4 T. light mayonnaise 2 T. apple cider vinegar 2/3 T. spicy brown mustard 1 T. honey .5 t. prepared white horseradish 2 pigs. Growers' Honey Wheat Sandwich Thins	1 1/2 lb. boneless skinless chicken breasts, sliced into 1/2-inch strips .5 c. fat-free Italian dressing 2 t. chili powder (or more to taste) 2 onions 1 green bell pepper 1 red bell pepper (optional: for more smart points: flour tortillas and any other foods you would eat on your fajitas)	2 T. fat-free mayonnaise 4 t. basil pesto 8 (1 oz.) thin sliced sourdough bread or low-calorie bread (such as Healthy Life bread) 8 cc. Deli sliced turkey breast 4 slices reduced-fat provolone cheese 1 tomato Cooking spray

Meal Plan Menus for Four Weeks

Week #1 Meal Plan Menu							
Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Smoothie/ Breakfast	Tropical Col- ada Green Smoothie	Razzleberry Lemonade Green Smoothie	ChocoNana Green Smoothie	Tropical Col- ada Green Smoothie	Razzleberry Lemonade Green Smoothie	Florentine Tofu Scramble	Vegan Choco- late Buttermilk Pancakes
Salad	Falafel Salad with Quinoa Tabbouleh	Greek Chickpea Chopped Salad	Vegan Egg Salad over Baby Greens with Cheesy Crackers	Falafel Salad with Quinoa Tabbouleh	Greek Chickpea Chopped Salad	Vegan Egg Salad over Baby Greens with Cheesy Crackers	Falafel Salad with Quinoa Tabbouleh
Soup	Quinoa Minestrone	Creamy White Bean, Potato, and Kale Soup	Lightened-Up Vegan Laksa	Quinoa Minestrone	Creamy White Bean, Potato, and Kale Soup	Lightened-Up Vegan Laksa	Quinoa Minestrone
Snack	Hot Spinach Artichoke Dip with Fresh Vegetables	Oil-Free Hummus with Fresh Vegetables	Cucumber Tzatziki with Fresh Vegetables	Hot Spinach Artichoke Dip with Fresh Vegetables	Oil-Free Hummus with Fresh Vegetables	Cucumber Tzatziki with Fresh Vegetables	Hot Spinach Artichoke Dip with Fresh Vegetables
Main	Roasted Tofu and Vegetable Stir-Fry	Homestyle Mexican Casserole	Cheesy Cauliflower and Potato Bake	Roasted Tofu and Vegetable Stir-Fry	Homestyle Mexican Casserole	Cheesy Cauliflower and Potato Bake	Roasted Tofu and Vegetable Stir-Fry
Dessert	none	none	none	none	none	No-Bake No Stovetop Cookie Bites	Easy Apple- sauce Snack Cake

Week #2 Meal Plan Menu							
Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Smoothie/ Breakfast	Chocolate-Cov- ered Blues Green Smoothie	Spotted Peach Green Smoothie	Blueberry Vanilla Green Smoothie	Chocolate-Cov- ered Blues Green Smoothie	Spotted Peach Green Smoothie	Raw Neapolitan Overnight Oats	Vegetable Pudin
Salad	Black Bean Veggie Burger Salad	Lentil Taco Salad with Red Pepper Dressing	Hearty Vegetable Pasta Salad	Black Bean Veggie Burger Salad	Lentil Taco Salad with Red Pepper Dressing	Hearty Vegetable Pasta Salad	Black Bean Veggie Burger Salad
Soup	Abe's Hearty Lentil Soup	Chipotle Corn Chowder	Cream of Broccoli Soup	Abe's Hearty Lentil Soup	Chipotle Corn Chowder	Cream of Broccoli Soup	Abe's Hearty Lentil Soup
Snack	Baked Nacho Cheesy Kale Chips	Oil-Free Hum- mus with Fresh Vegetables	Cheesy Gluten- Free Crackers	Baked Nacho Cheesy Kale Chips	Oil-Free Hum- mus with Fresh Vegetables	Cheesy Gluten-Free Crackers	Baked Nacho Cheesy Kale Chips
Main	Cowboy Special One-Pot Pasta	Cheesy Herb and Vegetable Pizza	Raw Pad Thai	Cowboy Special One-Pot Pasta	Cheesy Herb and Vegetable Pizza	Raw Pad Thai	Cowboy Special One-Pot Pasta
Dessert	none	none	none	none	none	Cherry Garcia Soft-Serve	Happiness in a Cookie Bite

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