

# Week 1: 7 Day Meal Plan

## Week 1

### Day 1

#### Meal 1

1 serving Healthy Mexican-Inspired Breakfast Pizza (see recipe)  
1 Premier Protein Shake (flavor of your choice)

#### Meal 2

1 serving BBQ Chicken & Roasted Sweet Potato Bowl (see recipe)

#### Meal 3

1 serving Jalapeno Cheddar Enchilada Turkey Meatloaf (see recipe)

#### Snack 1

Pretzel Crisps (11 crisps) and Hummus (flavor of your choice)

#### Snack 2

Oikos Triple Zero Greek Yogurt (flavor of your choice)

### Day 2

#### Meal 1

##### Ingredients:

1 serving Apple Cinnamon Overnight Oats (see recipe)  
1 Premier Protein Shake (flavor of choice)

#### Meal 2

##### Ingredients

1 serving Buffalo Shrimp Bowls (see recipe)

#### Meal 3

1 serving Foil Pack Cajun Chicken & Veggies (see recipe)

#### Snack 1

1 serving Oikos Triple Zero Greek Yogurt (flavor of your choice)

#### Snack 2

1 packet Tuna Creations (flavor of your choice)

## **Day 3**

### **Meal 1**

1 serving Smoked Salmon Breakfast Wrap (see recipe)  
1 serving Premier Protein Shake (flavor of your choice)

### **Meal 2**

1 serving Chicken Enchilada Bowl (see recipe)

### **Meal 3**

1 serving Baked Fish Sticks (see recipe)  
1 cup steamed broccoli

### **Snack 1**

**Oikos Triple Zero Greek Yogurt (flavor of your choice)**

### **Snack 2**

**Pretzel Crisps (11 crisps)**

## **Day 4**

### **Meal 1**

1 serving Healthy Mexican-Inspired Breakfast Pizza  
1 serving Premier Protein (flavor of choice)

### **Meal 2**

1 serving BBQ Chicken & Roasted Sweet Potato Bowls

### **Meal 3**

1 serving Baked Fish Sticks with Tartar Sauce  
½ cup broccoli

### **Snack 1**

**Tuna Creations (flavor of your choice)**

### **Snack 3**

**Oikos Triple Zero Greek Yogurt**

## **Day 5**

### **Meal 1**

1 serving Apple Cinnamon Overnight Oats

### **Meal 2**

#### **Ingredients**

1 serving Buffalo Shrimp Bowls

### **Meal 3**

#### **Ingredients**

1 serving Jalapeno-Cheddar Stuffed Turkey Meatloaf

1 cup steamed broccoli

### **Snack 1**

1 serving Tuna Creations

### **Snack 2**

1 serving Oikos Triple Zero

### **Snack 3**

1 Premier Protein shake

## **Day 6**

### **Meal 1**

1 serving Smoked Salmon Breakfast Wrap (see recipe)

1 serving Premier Protein Shake (flavor of your choice)

### **Meal 2**

1 serving Chicken Enchilada Bowl (see recipe)

### **Meal 3**

1 serving Baked Fish Sticks (see recipe)

1 cup steamed broccoli

### **Snack 1**

Oikos Triple Zero Greek Yogurt (flavor of your choice)

### **Snack 2**

Pretzel Crisps (11 crisps)

## **Day 7**

### **Meal 1**

#### **Ingredients**

- 1 serving Healthy Mexican-Inspired Breakfast Pizza
- 1 Premier Protein shake

### **Meal 2**

- 1 serving Buffalo Shrimp Bowl

### **Meal 3**

- 1 serving Foil Pack Cajun Chicken & Veggies

#### **Dessert**

- ½ pint Halo Top Ice Cream (flavor of choice)

### **Snack 1**

- 1 packet Tuna Creations

### **Snack 2**

- 1 serving Oikos Triple Zero Yogurt