

Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<u>Egg Muffin Cups</u>	<u>Egg Muffin Cups</u>	Veggie Omelet	<u>Egg Muffin Cups</u>	<u>Breakfast Salad</u>	Veggie Omelet
Lunch	Chicken Salad on a Bed of Lettuce	Cobb Salad	Lazy Lasagna pg 140 (leftovers)	Cobb Salad	Lazy Lasagna pg 140 (leftovers)	Cobb Salad
Dinner	Lazy Lasagna pg 140	Eggs, Sausage	Roast Beef, Broccoli and Zoodles	Leftovers and Side	Grilled Chicken side salad and Zoodles	<u>Chicken Veggie Pizza side salad</u>
Snacks	FSF, Veggie Sticks, String Cheese, Or nuts	FSF, Veggie Sticks, String Cheese, Or nuts	FSF, Veggie Sticks, String Cheese, Or nuts	FSF, Veggie Sticks, String Cheese, Or nuts	FSF, Veggie Sticks, String Cheese, Or nuts	FSF, Veggie Sticks, String Cheese, Or nuts
Hubby's Dinner	Chicken Pot Pie	Same w/ Hashbrowns and toast	Same served with potatoes and carrot	Same	Same served with Potatoes	Regular Homemade Pizza

Exercise Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lindsey Brins Postnatal Slimdown	Total Body 1 & 2 Cardio 1 & 2 Core 2	Cardio 1 & 2 x2 Core 1	Total Body 1 & 2 Cardio 1 & 2 Core 2	Cardio 1 & 2 x2 Core 1	Total Body 1 & 2 Cardio 1 & 2 Core 2	Cardio 1 & 2 x2 Core 1

Sunday
Scrambled Eggs with Veggies and bacon
<u>Protien Pack Fruit</u> <u>Smoothie</u>
FSF, Veggie Sticks, String Cheese, Or nuts
Sunday
Cardio 1 &2 x2 Core 1