COMPETITION MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EGG MUFFINS W/VEGGIES	EGG MUFFINS W/VEGGIES	EGG MUFFINS W/VEGGIES	EGG MUFFINS W/VEGGIES	EGG MUFFINS W/VEGGIES	EGG MUFFINS W/VEGGIES	EGG MUFFINS W/VEGGIES
SHAKEO ALMOND BUTTER 2 TSPS	SHAKEO ALMOND BUTTER 2 TSPS	SHAKEO ALMOND BUTTER 2 TSPS	SHAKEO ALMOND BUTTER 2 TSPS	SHAKEO ALMOND BUTTER 2 TSPS	SHAKEO ALMOND BUTTER 2 TSPS	SHAKEO ALMOND BUTTER 2 TSPS
GRILLED CHICKEN SALAD SWEET POTATO	GRILLED CHICKEN SALAD SWEET POTATO	GRILLED CHICKEN SALAD SWEET POTATO	GRILLED CHICKEN SALAD SWEET POTATO	GRILLED CHICKEN SALAD SWEET POTATO	GRILLED CHICKEN SALAD SWEET POTATO	GRILLED CHICKEN SALAD SWEET POTATO
2 HARDBOILED EGGS	2 HARDBOILED EGGS	2 HARDBOILED EGGS	2 HARDBOILED EGGS	2 HARDBOILED EGGS	2 HARDBOILED EGGS	2 HARDBOILED EGGS
TURKEY MEAT	TURKEY MEAT	TURKEY MEAT	TURKEY MEAT	TURKEY MEAT	TURKEY MEAT	TURKEY MEAT
SEAFOOD/PORK/RED MEAT GRILLED VEGGIES 1 TSP OF OIL	SEAFOOD/PORK/RED MEAT GRILLED VEGGIES 1 TSP OF OIL	SEAFOOD/PORK/RED MEAT GRILLED VEGGIES 1 TSP OF OIL	SEAFOOD/PORK/RED MEAT GRILLED VEGGIES 1 TSP OF OIL	SEAFOOD/PORK/RED MEAT GRILLED VEGGIES 1 TSP OF OIL	SEAFOOD/PORK/RED MEAT GRILLED VEGGIES 1 TSP OF OIL	SEAFOOD/PORK/RED MEAT GRILLED VEGGIES 1 TSP OF OIL