EXTREME MEAL PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SHAKEO BANANA ALMOND BUTTER 1 TSPS	SHAKEO BANANA ALMOND BUTTER 1 TSPS	SHAKEO BANANA ALMOND BUTTER 1 TSPS	SHAKEO BANANA ALMOND BUTTER 1 TSPS	SHAKEO BANANA ALMOND BUTTER 1 TSPS	SHAKEO BANANA ALMOND BUTTER 1 TSPS	SHAKEO BANANA ALMOND BUTTER 1 TSPS
NUTS	NUTS	NUTS	NUTS	NUTS	NUTS	NUTS
GRILLED CHICKEN SALAD SWEET POTATO OR TURKEY MEAT CORN TORTILLAS W/VEGGIES AVOCADO	GRILLED CHICKEN SALAD SWEET POTATO OR TURKEY MEAT CORN TORTILLAS W/VEGGIES AVOCADO	GRILLED CHICKEN SALAD SWEET POTATO OR TURKEY MEAT CORN TORTILLAS W/VEGGIES AVOCADO	GRILLED CHICKEN SALAD SWEET POTATO OR TURKEY MEAT CORN TORTILLAS W/VEGGIES AVOCADO	GRILLED CHICKEN SALAD SWEET POTATO OR TURKEY MEAT CORN TORTILLAS W/VEGGIES AVOCADO	GRILLED CHICKEN SALAD SWEET POTATO OR TURKEY MEAT CORN TORTILLAS W/VEGGIES AVOCADO	GRILLED CHICKEN SALAD SWEET POTATO OR TURKEY MEAT CORN TORTILLAS W/VEGGIES AVOCADO
2 HARDBOILED EGGS CUCUMBERS	2 HARDBOILED EGGS CUCUMBERS	2 HARDBOILED EGGS CUCUMBERS	2 HARDBOILED EGGS CUCUMBERS	2 HARDBOILED EGGS CUCUMBERS	2 HARDBOILED EGGS CUCUMBERS	2 HARDBOILED EGGS CUCUMBERS
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