

Faithful Workouts

MEAL PREP #2: MEAL PLAN

Day 1:

Breakfast: Pumpkin Pancakes

Lunch: Greek Salad

Dinner: Coconut Red Curry

Day 2:

Breakfast: Pumpkin Pancakes

Lunch: Sweet Potato and Black Bean Burger

Dinner: Gnocchi and Greek Salad

Day 3:

Breakfast: Sweet potato & black bean burger with fried egg

Lunch: Greek Salad

Dinner: Fried Rice

Day 4:

Breakfast: Sweet potato & black bean burger with fried egg

Lunch: Coconut Red Curry

Dinner: Chili and Salad

Day 5:

Breakfast: Spaghetti Squash Hashbrowns

Lunch: Friend Rice

Dinner: Gnocchi with Vegetables

Print this meal plan to keep in your kitchen!