

# Faithful Workouts

## MEAL PREP #4: MEAL PLAN

### Day 1:

**B - quinoa (1/3 cup), egg (1 egg), black bean (2 tbsp) scramble and top with yogurt and salsa**

**L - Salad, chicken, quinoa, currants, slivered almonds - celery and peanut butter**

**D - Sweet potato enchiladas, side salad with peppers and cucumber, dark chocolate bar**

### Day 2:

**B- smoothie bowl with strawberries & almonds**

**L- enchiladas, celery with peanut butter and currants**

**D- Wrap - chicken, cucumber, peppers, lettuce, feta - yogurt with strawberries**

### Day 3:

**B -quinoa, egg, black bean scramble topped with yogurt, and salsa**

**L - Salad, quinoa, tomatoes, peppers, feta (mason jar - dressing, quinoa, feta, peppers, tomatoes, lettuce )**

**D - Chicken, Peppers (2/3) , Celery (2 stalks), over quinoa (1 cup) and side salad**

Print this meal plan to keep in your kitchen!