



## FAITHFUL WORKOUTS MENU PLAN

### WEEK ONE

#### Day 1

**Breakfast:**

- Spinach Bars

**Lunch:**

- Quinoa & Edamame Salad

**Dinner:**

- Gnocchi with Broccoli & Sausage

#### Day 2

**Breakfast:**

- Chia Bowl

**Lunch:**

- Gnocchi with Broccoli & Sausage

**Dinner:**

- Orange, Ginger & Soy Salmon
- Baked Sweet Potato
- Avocado & Kale Salad

#### Day 3

**Breakfast:**

- Spinach Bars

**Lunch:**

- Quinoa & Edamame Salad Topped with Salmon

**Dinner:**

- Chicken with CousCous and Wilted Greens

#### Day 4

**Breakfast:**

- Chia Bowl

**Lunch:**

- Salmon Tacos

**Dinner:**

- Chicken with CousCous and Wilted Greens

## **Day 5**

### **Breakfast:**

- Smoothie

### **Lunch:**

- Shrimp, Mango, Avocado Salad Almonds.

### **Dinner:**

- Chickpea Cakes
- Zucchini Parmesan Chips

## **Day 6**

### **Breakfast:**

- Mexican Eggs

### **Lunch:**

- Shrimp, Mango, Avocado Salad

### **Dinner:**

- Zucchini Parmesan Chips
- Mexican Sweet Potatoes

## **Day 7**

### **Breakfast:**

- Smoothie

### **Lunch:**

- Chickpea Cakes
- Mexican Sweet Potatoes

### **Dinner:**

- Chicken Lettuce Wraps