



FAITHFUL WORKOUTS MENU PLAN

WEEK THREE

Day 15

Breakfast:

- Avocado Tomato Toast

Lunch:

- Shrimp and Avocado Salad
- 8 Tortilla Chips

Dinner:

- Tarragon Chicken
- Quinoa with Black Beans and Lemon

Day 16

Breakfast:

- Poached Egg Over Spinach

Lunch:

- Tarragon Chicken
- Quinoa with Black Beans and Lemon Dressing

Dinner:

- Salmon with Fennel
- Sautéed Spinach
- 1 Small Baked Potato with 1 Tbsp Plain Yogurt
- Grilled Peaches

Day 17

Breakfast:

- Yogurt Parfait

Lunch:

- Salmon and Spinach Salad

Dinner:

- Cauliflower Pasta
- Tomato Soup
- Side Salad

Day 18

Breakfast:

- Green Smoothie

Lunch:

- Cauliflower Pasta
- Tomato Soup

Dinner:

- Quick Chili
- Corn Pudding

Day 19

Breakfast:

- Golden Milk
- Gluten Free Oats

Lunch:

- Quick Chili
- Apple Slices with Cinnamon

Dinner:

- Cabbage Rolls
- Small Baked Sweet Potato

Day 20

Breakfast:

- Caprese Melt

Lunch:

- Grilled Vegetable and Hummus Wrap

Dinner:

- Thai Beef Salad

Day 21

Breakfast:

- 2 Eggs Your Favorite (Healthy) Way
- 1/2 a Grapefruit or Sliced Orange

Lunch:

- Asian Chicken Salad

Dinner:

- Portobello Burger
- Mediterranean Garbanzo Bean Salad

Dessert:

- Banana Peanut Butter Cookie