

January Meal Plan

2016

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Online workouts, nutrition course, & accountability

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Beef & Veggie Chili	2 Ginger- Garlic Chicken Tacos with Cauliflower Rice
3	4 Burrito Bowls with Quinoa (add meat of choice)	5 Crockpot ribs + zucchini chips & sweet potatoes stackers	6 White Chicken Chili topped with cilantro, greek yogurt, little cheese, avocado, handful of blue corn tortilla chips	7 Butternut Squash Soup + Bacon Lettuce Tomato Avocado Sandwich w/ Ezekiel Bread (+ optional cheese)	8 Protein pancakes + scrambled eggs (optional organic breakfast meat)	9 Organic Chicken Sausage + roasted veggies
10	11 Tacos w/ meat of choice, served with paleo tortillas or blue corn chips	12 Chicken & Wild Rice Soup (crockpot) + Paleo Rolls	13 Crockpot Roast with carrots, celery, onions, potatoes	14 Salmon burgers (store bought) + Brussel sprouts + side salad	15 Veggie Quiche + homemade hash browns	16 Chicken " fried rice " with quinoa or cauliflower rice (add chicken, sub rice)
17	18 Chicken Enchilada Soup served with handful of blue corn tortilla chips	19 Sweet Potato Sloppy Joes with side salad	20 Potato Soup with Bacon + side salad	21 Whole Chicken in Crockpot + sweet potato fries	22 Stuffed peppers + Mexican Quinoa	23 Zucchini Pizzas w/ ground turkey or pepperoni + cauliflower breadsticks
24	25 Sausage, potato. & Kale Soup + paleo biscuits	26 Salmon Meatballs	27 Pesto Meatballs with Zoodles + side salad + Ezekiel bread toast	28 Paleo Greek Salad (put in a tortilla/wrap) + zucchini fries	29 Asian Stuffed Napa Cabbage Rolls	30 Meatloaf Muffins + mashed potatoes + sautéed spinach
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