

December

2016

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Online workouts // Nutrition Coaching // Accountability

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Sweet Potato Sloppy Joes - Preppy Paleo	2 Crockpot Broccoli Cheddar Soup + side salad- Wine & Glue	3
4	5 Burrito Bowls with Ground Chicken - Me ;)	6 Potstickers + bok choy + roasted zucchini – Damn Delicious	7 Pumpkin Soup + grilled cheese- The Natural Nurturer	8 Asian Nachos - Damn Delicious	9 Pizza Bowls - Cotter Crunch (I usually veer from the recipe a lot)	10
11	12 Turkey Burgers + zucchini fries	13 White Chicken Chili	14 Tuscan Bean Stew - Wanderlust Kitchen	15 Cilantro Lime Tacos	16 Thai Curry Butternut Squash soup + cauliflower grilled cheese	17
18	19 Spiced Lentil Soup - Oh She Glows	20 Chicken burgers with avocado corn salsa & sweet potato fries	21 Carmelized Onion & Butternut Squash quiche + pumpkin waffles	22 Paleo White Chili - a Spicy Perspective	23 Butternut Squash Chili W/ Beef - Taste and Tell	24 Christmas Eve!
25 Merry Christmas!	26 Christmas Leftovers	27 Cheesy Chicken Quinoa Muffins - Ambitious Kitchen	28 Autumn Lasagna - The Cozy Apron	29 Pesto Meatballs on Spaghetti Squash + Kale	30 Sweet potato, asparagus, Chicken Skillet	31

