

Week 4 Meal Plan

	Breakfast	Lunch	Snack	Dinner
Monday	2 Oatmeal Muffins	Choco-Zucchini Smoothie	Protein Shake	Shepherd's Pie
Tuesday	Apple Cinnamon Smoothie	Super Simple Stir Fry	2 Oatmeal Muffins	Pesto Zoodles
Wednesday	2 Oatmeal Muffins	Pesto Zoodles	Protein Shake	Veggie Lasagna
Thursday	Snappy Orange Smoothie	Shepherd's Pie	2 Oatmeal Muffins	Super Simple Stir Fry
Friday	2 Oatmeal Muffins	Veggie Lasagna	Protein Shake	Apple-Beet Salad
Saturday	Hot Pink Smoothie	Shepherd's Pie	2 Oatmeal Muffins	Rainbow Salad
Sunday	Fruit Bowl	Snappy Beet Smoothie	Protein Shake	Curry Zoodles