

	BREAKFAST	LUNCH	SNACK	DINNER	
MONDAY	Cinnamon-Raisin Chia Pudding	Bell Pepper, Mushroom & Egg Muffins	Banana & Kiwi	Almond-Breaded Fish With Quinoa & Carrots	Calories: 1,542 Carbs: 114 g Protein: 96 g Fat: 81 g
TUESDAY	Omelet With Sour Cream, Walnuts & Blueberries	Black Bean Quinoa Salad	Apple & Almonds	Meatballs with Mashed Sweet Potato	Calories: 1,551 Carbs: 152 g Protein: 76 g Fat: 77 g
WEDNESDAY	Kiwi With Greek Yogurt	Leftover Meatballs with Mashed Sweet Potato	Guacamole-Stuffed Bell Pepper	Potato Beef Soup	Calories: 1,532 Carbs: 114 g Protein: 76 g Fat: 88 g
THURSDAY	Banana-Blueberry Smoothie	Leftover Potato Beef Soup	Sliced Eggs & Rice Cakes	Pan-Fried Salmon With Rice & Broccoli	Calories: 1,490 Carbs: 136 g Protein: 93 g Fat: 64 g
FRIDAY	Peanut Butter-Banana Oatmeal	Leftover Pan-Fried Salmon With Rice & Broccoli	Avocado & Bell Pepper	Almond Flour Pizza	Calories: 1,572 Carbs: 113 g Protein: 87 g Fat: 93 g
SATURDAY	Chia-Banana Greek Yogurt	Tuna-Grape Salad	No-Bake Peanut Butter Ball	Chicken Drumsticks With Sweet Potatoes	Calories: 1,532 Carbs: 123 g Protein: 104 g Fat: 73 g
SUNDAY	Tomato, Feta & Spinach Frittata	Leftover Chicken Drumsticks with Sweet Potatoes & Salad	Blueberry-Banana Ice Cream	Salsa Chicken With Rice & Salad	Calories: 1,596 Carbs: 105 g Protein: 127 g Fat: 76 g

Additional Notes:

Click a meal to go directly to the recipe. Then, you can click "Back to top" at the bottom of the recipe to go back to the weekly plan.

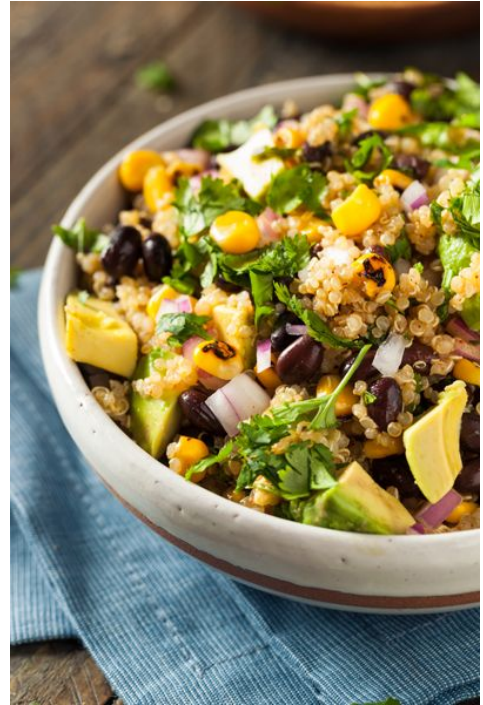
The ingredient lists and serving sizes are for one person. Simply multiply by the number of people you're cooking for when cooking for more than one person.

TUESDAY — Lunch

Black Bean Quinoa Salad

INGREDIENTS

- $\frac{3}{4}$ cup cooked quinoa (leftover)
- $\frac{3}{4}$ cup (130 g) black beans
- $\frac{3}{4}$ cup (110 g) sweet corn
- $\frac{1}{4}$ red onion
- $\frac{1}{2}$ avocado
- 1 handful cilantro/coriander
- 1 slice lemon



INSTRUCTIONS

1. Finely chop onion, cilantro and avocado.
2. Place in a bowl with quinoa, beans & corn.
3. Mix ingredients together and squeeze lemon over salad.

Nutrition Facts:

Calories 526, protein 20.3 g, carbs 85.6 g, fat 14.8 g.

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