

Week 3 Meal Ideas & Suggestions



Use this meal plan and recipe ideas as your guidelines! Get to the grocery store and stock up on all the healthy and delicious foods you are going to eat this week!

These are just a few of my meals that I am prepping for the week. I always like to make extra to have leftovers for lunches.

REMEMBER to make sure you are following your portion allotments each day. Use your log sheets and food journals! I like the myfitness pal app.

Breakfast

Egg White Oatmeal (this is my go to)

<https://www.pbfingers.com/three-minute-egg-white-oatmeal/>

High Protein Oatmeal Cottage Cheese Pancakes

<https://www.ambitiouskitchen.com/2013/04/oatmeal-cottage-cheese-banana-pancakes-high-in-protein-gluten-free/>

Cauliflower Protein Oatmeal

A great way to add veggies to your breakfast!

<http://4livingthewrightway.com/2017/02/04/cauliflower-oatmeal-recipe/>

Strawberry Mango Cauliflower Smoothie

<http://4livingthewrightway.com/2017/07/03/strawberry-mango-cauliflower-smoothie-recipe/>

Hummus Avocado Toast

<https://www.skinnytaste.com/hummus-avocado-toast/>

On The Go Breakfast

2 Hard Boiled Eggs and an Orange

Lunch

I usually make a lot of leftovers for lunches.

Coconut Chicken Cauliflower Rice Stew

<https://www.pbfingers.com/crock-pot-coconut-chicken-cauliflower-rice-stew>

Pre Made Salad Mix (make this on Sunday and store in the refrigerator) add shredded chicken and dressing before eating. I make my shredded chicken in the Instant Pot!

Dinner

Skinny Chicken Enchiladas

<https://www.skinnytaste.com/chicken-enchiladas/>

Low Carb Cauliflower Rice Balls

<https://www.skinnytaste.com/cauliflower-rice-arancini-balls/>

No Carb Pizza

<https://www.ketoconnect.net/recipe/no-carb-pizza/>

Taco Soup (google weight watchers taco soup)

**Disclaimer: I am not a registered dietician. I recommend you seek medical advice prior to beginning any new workout program or meal plan.*