

ONE WEEK MEAL PLAN

| Day | Breakfast | Lunch | Dinner | Side Dish | Snack | Dessert |
|-----|--|--|---------------------------------------|---|-------------------------------|--------------------------------------|
| Mon | Buffalo Strip Steak with Veggies and Bacon | Mango Chicken Salad with Chipotle Mayo | Seriously Tasty Paleo Meat Loaf | Smashed Potatoes | Peanut Pie Butter with Apples | Chocolate Zucchini Brownies |
| Tue | Steak Fried Rice and Bacon | Seriously Tasty Paleo Meat Loaf | Slow Cooker Chicken | Chipotle Slaw | Smoked Salmon Hot Roll | Apple Muffins |
| Wed | Breakfast Squash and Sausage | Laksa Lemak | Melt in Your Mouth Beef Steak | Jojoes Salad with Cilantro Lime Vinaigrette | Tuna Stuffed Avocado | Berries and Coconut Whipped Cream |
| Thu | Jojoes and Sausage Breakfast Pie | Burgers with Pickles | Beef Steak | Carrot and Parsnip Puree | Crumby Crackers | Almond Butter Slices with Cocoa Nibs |
| Fri | Bruschetta and Chicken | Jambalaya | Garlic Chicken with White Wine Sauce | Cauliflower Stuffed Acorn Squash | Taco Chips | Cocoa Brownies |
| Sat | Roastbeef and Onion Fat Neck Borsani | Grilled or Broiled Flat Mignon with Red Wine Sauce | Mexican Chicken Salad | Cornmeal and Roastbeef Puree | Jelly | Banana-coffee Chocolate Pudding |
| Sun | Seared Fish with Beets and Broccoli | Slow Cooker Pork Pot Roast | Baked Tilapia with Lemon and Potatoes | Cucumber Melons Salad | Jelly | Coconut Pineapple Upside |

Full Daily Meal Plan Bodybuilding

IM Harris



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