

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 Eggs and Bacon	Seriously Tasty Paleo Meat Loaf	Slow Cooker Chicken	Chipotle Slaw	Smoked Salmon Hot Roll	Apple Muffins
Wed	Breakfast Sausage and Sausage	Lamb Loin	Meat in Your Mouth Beef Steak	Jojo Salad with Cilantro Lime Vinaigrette	Taco Stuffed Avocado	Berries and Coconut Whipped Cream
Thu	Jojo and Sausage Breakfast Pie	Burgers Lamb Steak	Beef Steak	Carrot and Parsnip Puree	Crunchy Crackers	Almond Butter Shrimp with Cocoa Nibs
Fri	Bratwurst and German	Jambalaya	Garlic Chicken with White Wine Sauce	Cauliflower Stuffed Acorn Squash	Taco Chips	Cocoa Brownies
Sat	Butterfry and Onion Fat Back Brownie	Grilled or Broiled Flat Mignon with Red Wine Sauce	Mexican Chicken Salad	Cilantro and Butternut Puree	Jelly	Banana-cocoa Chocolate Pudding
Sun	Seared Fish with Beets and Broccoli	Slow Cooker Pork Pot Roast	Baked Tilapia with Lemon and Thyme	Cucumber Melons Topped	Jelly	Coconut Pineapple Upside

Full Daily Meal Plan Bodybuilding

Marcel A. Müller

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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