

# A Keep It Moving Fitness Meal Plan

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## MONDAY

- Breakfast* 3 Egg whites scrambled with 3 different vegetables and 1 oz. of salmon or grilled chicken
- Lunch* Vegetable soup with a few whole grain crackers
- Dinner* Grilled chicken with homemade guacamole and spiced kidney beans
- Snack* Square of dark chocolate. Sliced apple with non fat plain yogurt for dipping sauce sprinkled with cinnamon

## TUESDAY

- Breakfast* Oatmeal with berries and a table spoon of honey or maple syrup
- Lunch* Cucumber tomato and red onion salad with 1 oz. salmon or grilled chick breast (sliced)
- Dinner* Grilled Tuna steak with steamed broccoli, Brussel sprouts and carrots.
- Snack* Cucumber, carrot, avocado slices with homemade humus (using chick peas)



*Drink 8oz of water btw each meal*

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## WEDNESDAY

- Breakfast* Sunny Side-up eggs with garlic sautéed spinach and avocado
- Lunch* Super Green Salad topped with grilled chicken
- Dinner* Grilled Salmon with pesto crust and sweet potatoes
- Snack* Air popped popcorn. Dark Chocolate square

## THURSDAY

- Breakfast* Non-fat plain yogurt topped with berries and organic honey  
(add a few nuts if you wish)
- Lunch* Chicken noodle soup
- Dinner* Lettuce fajitas.
- Snack* 25 almonds and peach.



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## FRIDAY

*Breakfast* Fresh Fruit Salad topped with roasted oats and honey.

*Lunch* Grilled chicken Wrap with side salad

*Dinner* Teriyaki chicken with shiitake mushrooms and brown rice

*Snack* Whole apple with side of berries. square of dark chocolate

## SATURDAY

*Breakfast* Scrambled eggs whites with tomatoes and sautéed onions and grilled chicken strips

*Lunch* Homemade houmous with baby carrots, bell peppers and whole-wheat pitta.

*Dinner* Tomato, bell pepper and chicken breast kebabs served with quinoa and homemade mint dressing

*Snack* Nonfat Greek yogurt, Celery sticks with table of peanut butter for dipping.



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## SUNDAY

**Breakfast** Natural peanut butter on a slice of whole wheat toast with banana slices

**Lunch** Tomato mozzarella and mixed herb salad

**Dinner** Maple and mustard glazed salmon with steamed asparagus

**Snack** Handful of pistachios or sunflower seeds and a square of dark Chocolate.



*Drink 8oz of water btw each meal*

For FULL BREAK DOWNS of these Recipes and other meal plans please add your email to my EATING WELL GROUP (it's free) and stay tuned for updates on my new book

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EATING WELL WHEN EATING WELL SUCKS