


MEAL PLAN Day of Shopping: Thursday evening Day(s) Meal prep: Saturday morning/afternoon Store Locations:	Meal ideas: Avocado chicken salad, chicken soft tacos, strawberry chicken salad, buffalo lettuce wraps. Snacks: ham and cheese roll-ups, peanut butter and crackers, Greek yogurt, protein shake, protein bar	 <p>THE CENTER FOR BARIATRICS AT BAILEY MEDICAL CENTER</p>
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<input type="checkbox"/> 1-2 scrambled eggs <input type="checkbox"/> 1/2 piece WW toast <input type="checkbox"/> 2 tsp peanut butter	<input type="checkbox"/> 1/4 cup cooked oatmeal <input type="checkbox"/> 1/2-1 scoop protein powder <input type="checkbox"/> 1 Tbsp sliced almonds and a dash a cinnamon	<input type="checkbox"/> 1 Egg and cheese scramble <input type="checkbox"/> Salsa <input type="checkbox"/> ¼ cup sliced strawberries	<input type="checkbox"/> 1 poached egg <input type="checkbox"/> 1-2 slices ham <input type="checkbox"/> 1/2 slice toast with mashed avocado	<input type="checkbox"/> 1 egg and cheese scramble <input type="checkbox"/> 1/4-1/2 cup sautéed spinach <input type="checkbox"/> ¼ cup sliced strawberries	<input type="checkbox"/> 1/4 cup cooked oatmeal <input type="checkbox"/> 1/2-1 scoop protein powder <input type="checkbox"/> 1 Tbsp sliced almonds and a dash a cinnamon	<input type="checkbox"/> Hot decaf coffee with protein shake
Snack	<input type="checkbox"/> 1 slice ham <input type="checkbox"/> String cheese	<input type="checkbox"/> Protein shake	<input type="checkbox"/> 1/2 cup Greek yogurt	<input type="checkbox"/> 2tsp -1 Tbsp peanut butter <input type="checkbox"/> 4 WW crackers	<input type="checkbox"/> 1 slice ham <input type="checkbox"/> String cheese	<input type="checkbox"/> 2 tsp -1 Tbsp peanut butter <input type="checkbox"/> 4 WW crackers	<input type="checkbox"/> 1/2 cup Greek yogurt <input type="checkbox"/>
Lunch	<input type="checkbox"/> Avocado chicken salad <input type="checkbox"/> 4 WW crackers	<input type="checkbox"/> Strawberry, chicken, and spinach salad <input type="checkbox"/> 1-2 Tbsp salad dressing	<input type="checkbox"/> Avocado chicken salad <input type="checkbox"/> 1/2 piece WW toast	<input type="checkbox"/> Strawberry, chicken and spinach salad <input type="checkbox"/> 1-2 Tbsp salad dressing	Protein shake	<input type="checkbox"/> Avocado Chicken Salad <input type="checkbox"/> 1/2 cup Spinach or lettuce wrap	<input type="checkbox"/> Strawberry, chicken and spinach Salad <input type="checkbox"/> 1-2 Tbsp salad dressing
Snack	<input type="checkbox"/> Protein shake	<input type="checkbox"/> 1/2 cup Greek yogurt	<input type="checkbox"/> 1 slice ham <input type="checkbox"/> String cheese	<input type="checkbox"/> Protein shake	<input type="checkbox"/> 1/2 cup Greek yogurt	<input type="checkbox"/> 1/2-1 protein bar	<input type="checkbox"/> 1/2-1 protein bar
Dinner	<input type="checkbox"/> Buffalo lettuce wraps <input type="checkbox"/> 1-2 Tbsp Greek yogurt ranch dressing <input type="checkbox"/> Low fat shredded cheese	<input type="checkbox"/> Chicken soft tacos <input type="checkbox"/> 1 Tbsp Greek yogurt <input type="checkbox"/> Salsa <input type="checkbox"/> Low fat shredded cheese	<input type="checkbox"/> Buffalo lettuce wraps <input type="checkbox"/> 1-2 Tbsp Greek yogurt ranch dressing <input type="checkbox"/> Low fat shredded cheese	<input type="checkbox"/> Chicken soft tacos <input type="checkbox"/> 1 Tbsp Greek yogurt <input type="checkbox"/> Salsa <input type="checkbox"/> Low fat shredded cheese	<input type="checkbox"/> Buffalo lettuce wraps <input type="checkbox"/> 1-2 Tbsp Greek yogurt ranch dressing <input type="checkbox"/> Low fat shredded cheese	<input type="checkbox"/> Protein shake	<input type="checkbox"/> Chicken soft tacos <input type="checkbox"/> 1 Tbsp Greek yogurt <input type="checkbox"/> Salsa <input type="checkbox"/> Low fat shredded cheese
Snack	<input type="checkbox"/> 1/2 cup Greek yogurt	<input type="checkbox"/> 1 slice ham <input type="checkbox"/> String cheese	<input type="checkbox"/> Protein shake	<input type="checkbox"/> 1/2-1 protein bar	<input type="checkbox"/> 2 tsp -1 Tbsp peanut butter <input type="checkbox"/> 4 WW crackers	<input type="checkbox"/> 1 slice ham <input type="checkbox"/> String cheese	<input type="checkbox"/> 2 tsp -1 Tbsp peanut butter <input type="checkbox"/> 4 WW crackers
Drinks/ Fluids	SF water enhancer	Herbal tea/ decaf coffee	SF water enhancer	Decaf tea/ decaf coffee	SF water enhancer	Herbal tea/ decaf coffee	SF water enhancer