

# 5 DAY MEAL PLAN

Breakfast

Lunch

Dinner

M

**Half an avocado drizzled with olive oil and two poached eggs topped with tomato slice.**

**Kale Crunch Salad**

**Chicken Kale and White bean soup**

T

**Cinnamon vanilla nut cereal**

**Simple Salad Lunch box**

**Greek Salad and Zucchini Bowl**

W

**Kale Omelete**

**Egg salad**

**Slow cooker chicken and bacon**

Th

**Chia seed pudding**

**Simple Salad Lunch Box**

**Mexican Shredded Chicken Salad**

F

**Frittata**

**Mexican Chicken Salad Leftovers**

**Steak Salad with coleslaw**