



# MAY

## Flexible - Clean Eating Meal Planner

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	MON	TUE	WED	THU	FRI
WEEK 1	<p>B: CINNAMON ALMOND MILK MACCHIATO</p> <p>L: ARUGULA SALAD WITH CHICKEN AND BLACK BEANS</p> <p>D: SPAGHETTI SQUASH LASAGNA</p>	<p>B: CHICKEN AND SPINACH SCRAMBLE WITH AVOCADO</p> <p>L: AVOCADO CHICKEN SALAD WRAP</p> <p>D: CHEESY STEAK SKILLET</p>	<p>B: CARROT CAKE SMOOTHIE</p> <p>L: SHRIMP NOODLE BOWL</p> <p>D: ALMOND CRUSTED CHICKEN</p>	<p>B: HUEVOS RANCHEROS</p> <p>L: PAD TAI SPAGHETTI SQUASH</p> <p>D: CHICKEN TERIYAKI CASSEROLE</p>	<p>B: PROTEIN WAFFLES</p> <p>L: STIR FRIED VEGETABLES</p> <p>D: CREAMY ROASTED RED PEPPER ZOODLES</p>
WEEK 2	<p>B: BANANA OAT PANCAKES</p> <p>L: SHRIMP NOODLE BOWL</p> <p>D: CHICKEN PICCATA</p>	<p>B: BREAKFAST TACOS</p> <p>L: HEALTHY TACO SALAD</p> <p>D: TURKEY GOAT CHEESE AVOCADO ROLLS</p>	<p>B: PB CHOCOLATE OATMEAL</p> <p>L: HEALTHY EGG DROP SOUP</p> <p>D: GREEK CUCUMBER SALAD W/CHICKEN</p>	<p>B: CINNAMON ALMOND MILK MACCHIATO</p> <p>L: ARUGULA SALAD WITH CHICKEN AND BLACK BEANS</p> <p>D: ROASTED VEGETABLES</p>	<p>B: VANILLA-PEACH OVERNIGHT OATS</p> <p>L: AVOCADO CHICKEN SALAD WRAP</p> <p>D: HAWAIIAN SALMON</p>
WEEK 3	<p>B: HUEVOS RANCHEROS</p> <p>L: STIR FRIED VEGETABLES</p> <p>D: BAKED CRISPY CHICKEN &amp; BROCCOLI</p>	<p>B: CARROT CAKE SMOOTHIE</p> <p>L: PAD TAI W/SPAGHETTI SQUASH</p> <p>D: CREAMY ROASTED RED PEPPER ZOODLES</p>	<p>B: PB CHOCOLATE OATMEAL</p> <p>L: STIR FRIED VEGETABLES</p> <p>D: CHICKEN TERIYAKI CASSEROLE</p>	<p>B: CHUNKY MONKEY SMOOTHIE</p> <p>L: TURKEY GOAT CHEESE AVOCADO ROLLS</p> <p>D: SPAGHETTI SQUASH LASAGNA</p>	<p>B: CHICKEN AND SPINACH SCRAMBLE WITH AVOCADO</p> <p>L: STIR FRIED VEGETABLES</p> <p>D: WHOLE-WHEAT MARGHERITA PIZZA</p>
WEEK 4	<p>B: CINNAMON ALMOND MILK MACCHIATO</p> <p>L: HEALTHY TACO SALAD</p> <p>D: CHEESY STEAK SKILLET</p>	<p>B: VANILLA-PEACH OVERNIGHT OATS</p> <p>L: ARUGULA SALAD WITH CHICKEN AND BLACK BEANS</p> <p>D: ALMOND CRUSTED CHICKEN</p>	<p>B: BANANA OAT PANCAKES</p> <p>L: SHRIMP NOODLE BOWL</p> <p>D: GREEK CUCUMBER SALAD W/CHICKEN</p>	<p>B: CARROT CAKE SMOOTHIE</p> <p>L: AVOCADO CHICKEN SALAD WRAP</p> <p>D: CHICKEN PICCATA</p>	<p>B: BREAKFAST TACOS</p> <p>L: HEALTHY EGG DROP SOUP</p> <p>D: SPAGHETTI SQUASH BBQ SLIDERS</p>