

JUNE

FLEXIBLE SUMMER MEAL PLAN

From Fit Active Life.com



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON	B: PB Cinnamon Smoothie L: Shrimp Noodle Bowl D: IP - Honey Garlic Pork Chops	B: Carrot Cake Oatmeal Muffin L: Quinoa Black Bean Salad D: Fixate BBQ Chicken Sliders	B: Southern Spiced French Toast w/Bananas & Pecans L: Buffalo Tuna Wrap D: Fixate Beef Broccoli Stir Fry	B: Crustless Quiche L: Fixate Ahi Bruschetta D: IP - French Dip
TUE	B: Breakfast Tacos L: Healthy Taco Salad D: One-Pan Baked Crispy Chicken & Broccoli	B: PB Oatmeal L: Turkey-Goat Cheese-Avocado Rolls D: Roast eggplant and tofu	B: Cereal L: Avocado Egg Salad Sandwich D: Roasted sweet potato	B: Oatmeal L: Quinoa Black Bean Salad D: Roast eggplant and tofu
WED	B: Banana Oat Pancakes L: Stir fried veggies D: Instant Pot Ribbs & Parm-Ranch corn on the cob	B: Carrot Cake Oatmeal Muffins L: Arugula Salad w/Chicken D: Chicken Pot Pie Biscuits & Mixed Greens	B: Carrot Cake Smoothie L: Greek Cucumber Salad w/Chicken D: IP - Honey Garlic Pork Chops	B: Vanilla-Peach Overnight Oats L: Cheesy Cauliflower Nachos D: Fixate Chicken Enchiladas
THU	B: Healthy Fried Rice L: Turkey & Veggie Wraps D: Zoodles w/Ground Turkey & Marinara	B: PB Oatmeal L: Shrimp Noodle Bowl D: Spicy Feta Burgers	B: Nutter Butter Smoothie L: 2B Chopped Chicken & Broccoli Slaw Salad D: Healthy Egg Drop Soup	B: 2B Berry Cobbler Oats L: Avocado Egg Salad Sandwich D: Sheet Pan Baked Fish & Chips
FRI	B: Sweet Potato Pie Smoothie L: 2B Crunchy Chicken Salad D: Instant Pot French Dip	B: Breakfast Tacos L: Buffalo Tuna Wrap D: Salmon, Brn Rice and Asparagus	B: PB Oatmeal L: Stir fried chicken and veggies D: Cast Iron Garlic-Parm Chicken & Salad	B: Cinnamon Almond Milk Macchiato Smoothie L: Asian Chicken Salad D: Cast iron chicken & crispy broccoli
Snacks/Treats	Healthy PB Cups	Fixate Ahi Bruschetta	Cinnamon Roll Muffins (or) Doughnuts	Strawberry Lemonade Bars

