

August

MEAL PLAN

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BREAKFAST

MON
Cinnamon
Toast
Shakeology
w/Digestive
Boost

TUE
Banana -
Berry
Smoothie
Bowl

WED
Sheet Pan
Sweet
Potato
Hash
w/eggs

THU
Egg White
Breakfast
Burrito - and
Pumpkin Pie
ShakeO

FRI
Spinach,
Tomato, and
Quinoa
Breakfast
Casserole

LUNCH

MON
Arugula
Salad with
Chicken &
Black Beans

TUE
Shrimp
Noodle
Bowl

WED
Power
Packed
BBQ'd
Cauliflower
Salad

THU
Spinach
Salad with
Strawberries
and Chicken

FRI
Healthy
Taco
Salad

DINNER

MON
Barbecue
Spaghetti
Squash
Sliders

TUE
Mexi - Cal
Tacos

WED
Creamy
Roasted Red
Pepper
Zucchini
Noodles

THU
Simple
Eggplant
Parmesan

FRI
Cauliflower
Pizza
Bake

REMEMBER TO EAT ACCORDING TO YOUR GOALS.