

# 12 WEEK WEIGHT LOSS MEAL PLANNER



Join Today



## **WEEK 1:**

- BREAKFAST: SCRAMBLED EGGS WITH SPINACH AND BELL PEPPERS, WHOLE-GRAIN TOAST.
  - SNACK: GREEK YOGURT WITH MIXED BERRIES.
- LUNCH: GRILLED CHICKEN BREAST SALAD WITH MIXED GREENS, CHERRY TOMATOES, CUCUMBER, AND BALSAMIC VINAIGRETTE.
  - SNACK: APPLE SLICES WITH ALMOND BUTTER.
- DINNER: BAKED WHITE FISH WITH ROASTED ASPARAGUS AND QUINOA.
  - SNACK: MIXED NUTS.

## **WEEK 2:**

- BREAKFAST: OATMEAL TOPPED WITH SLICED BANANAS AND A SPRINKLE OF CHIA SEEDS.
  - SNACK: CARROT STICKS WITH HUMMUS.
- LUNCH: TURKEY WRAP WITH WHOLE-WHEAT TORTILLA, LETTUCE, TOMATO, AND AVOCADO.
- SNACK: PROTEIN SMOOTHIE WITH SPINACH, ALMOND MILK, BANANA, AND PROTEIN POWDER.
- DINNER: GRILLED SHRIMP WITH STEAMED BROCCOLI AND BROWN RICE.
  - SNACK: SLICED CUCUMBERS WITH GUACAMOLE.

## **WEEK 3:**

- BREAKFAST: VEGGIE OMELET (MADE WITH EGG WHITES) AND WHOLE-GRAIN TOAST.
  - SNACK: HARD-BOILED EGGS.
- LUNCH: QUINOA SALAD WITH CHICKPEAS, ROASTED SWEET POTATOES, KALE AND LEMON VINAIGRETTE.
  - SNACK: SLICED APPLES WITH ALMOND BUTTER.
- DINNER: BAKED COD WITH ROASTED BRUSSELS SPROUTS AND SWEET POTATOES.
  - SNACK: RICE CAKES WITH ALMOND BUTTER.



#### **WEEK 4:**

- BREAKFAST: SPINACH AND MUSHROOM FRITTATA, WHOLE-GRAIN TOAST.
- SNACK: MIXED BERRIES WITH GREEK YOGURT.
- LUNCH: GRILLED CHICKEN BREAST WITH STEAMED GREEN BEANS AND QUINOA.
- SNACK: CELERY STICKS WITH PEANUT BUTTER.
- DINNER: BAKED TILAPIA WITH ROASTED ZUCCHINI AND QUINOA.
- SNACK: ALMONDS OR WALNUTS.

#### **WEEK 5:**

- BREAKFAST: BREAKFAST PROTEIN SMOOTHIE WITH BANANA, SPINACH, GRANOLA, PB POWDER
- SNACK: GREEK YOGURT WITH SLICED ALMONDS.
- LUNCH: GRILLED CHICKEN SALAD WITH MIXED GREENS, CHERRY TOMATOES, CUCUMBER, AND A LIGHT VINAIGRETTE.
- SNACK: RICE CAKES WITH AVOCADO.
- DINNER: LEAN GROUND TURKEY STIR-FRY WITH MIXED VEGETABLES AND BROWN RICE.
- SNACK: CARROTS WITH HUMMUS.

#### **WEEK 6:**

- BREAKFAST: EGG WHITE OMELET WITH SPINACH, MUSHROOMS, AND WHOLE-GRAIN TOAST.
- SNACK: COTTAGE CHEESE WITH PINEAPPLE CHUNKS.
- LUNCH: GRILLED SALMON WITH QUINOA AND STEAMED BROCCOLI.
- SNACK: PROTEIN SMOOTHIE WITH ALMOND MILK, BANANA, AND SPINACH.
- DINNER: BAKED CHICKEN BREAST WITH ROASTED SWEET POTATOES AND GREEN BEANS.
- SNACK: MIXED NUTS.



### **WEEK 7:**

- BREAKFAST: OVERNIGHT CHIA SEED PUDDING WITH ALMOND MILK AND TOPPED WITH MIXED BERRIES.
  - SNACK: CARROT STICKS WITH TAHINI DIP.
- LUNCH: TURKEY AND VEGETABLE SKEWERS WITH QUINOA SALAD.
  - SNACK: APPLE SLICES WITH ALMOND BUTTER.
- DINNER: BAKED COD WITH ROASTED BRUSSELS SPROUTS AND QUINOA.
  - SNACK: RICE CAKES WITH ALMOND BUTTER.

### **WEEK 8:**

- BREAKFAST: VEGGIE SCRAMBLE WITH EGG WHITES, BELL PEPPERS, ONIONS, AND WHOLE-GRAIN TOAST.
  - SNACK: HARD-BOILED EGGS.
- LUNCH: GRILLED CHICKEN CAESAR SALAD WITH ROMAINE LETTUCE, CHERRY TOMATOES, AND A LIGHT CAESAR DRESSING.
  - SNACK: SLICED CUCUMBERS WITH GUACAMOLE.
- DINNER: LEAN BEEF STIR-FRY WITH MIXED VEGETABLES AND BROWN RICE.
  - SNACK: GREEK YOGURT WITH SLICED ALMONDS.

### **WEEK 9:**

- BREAKFAST: SPINACH AND MUSHROOM OMELET WITH WHOLE-GRAIN TOAST.
  - SNACK: MIXED BERRIES WITH GREEK YOGURT.
- LUNCH: GRILLED CHICKEN BREAST WITH QUINOA AND STEAMED GREEN BEANS.
  - SNACK: RICE CAKES WITH ALMOND BUTTER.
- DINNER: BAKED TILAPIA WITH ROASTED ZUCCHINI AND QUINOA.
  - SNACK: ALMONDS OR WALNUTS.

### **WEEK 10:**

- BREAKFAST: PROTEIN SMOOTHIE BOWL WITH SPINACH, ALMOND MILK, BANANA, AND YOUR CHOICE OF PROTEIN POWDER. TOP WITH GRANOLA AND SLICED FRUIT.
- SNACK: GREEK YOGURT WITH SLICED ALMONDS.
- LUNCH: GRILLED SHRIMP SALAD WITH MIXED GREENS, CHERRY TOMATOES, CUCUMBER, AND A LIGHT VINAIGRETTE.
- SNACK: CARROT STICKS WITH HUMMUS.
- DINNER: BAKED CHICKEN BREAST WITH ROASTED SWEET POTATOES AND ASPARAGUS.
- SNACK: COTTAGE CHEESE WITH PINEAPPLE CHUNKS.

### **WEEK 11:**

- BREAKFAST: OATMEAL WITH SLICED BANANAS, CHIA SEEDS, AND A SPRINKLE OF CINNAMON.
- SNACK: HARD-BOILED EGGS.
- LUNCH: TURKEY WRAP WITH WHOLE-WHEAT TORTILLA, LETTUCE, TOMATO, AND AVOCADO.
- SNACK: APPLE SLICES WITH ALMOND BUTTER.
- DINNER: BAKED COD WITH ROASTED BRUSSELS SPROUTS AND QUINOA.
- SNACK: RICE CAKES WITH ALMOND BUTTER.

### **WEEK 12:**

- BREAKFAST: VEGGIE FRITTATA WITH EGG WHITES, SPINACH, BELL PEPPERS, AND MUSHROOMS.
- SNACK: MIXED BERRIES WITH GREEK YOGURT.
- LUNCH: GRILLED CHICKEN BREAST WITH STEAMED BROCCOLI AND QUINOA.
- SNACK: SLICED CUCUMBERS WITH GUACAMOLE.
- DINNER: BAKED SALMON WITH ROASTED ASPARAGUS AND BROWN RICE.
- SNACK: MIXED NUTS.



PLEASE REMEMBER, INDIVIDUAL NEEDS MAY VARY. ADJUST PORTION SIZES AND INGREDIENTS BASED ON YOUR GOALS AND CONSULT WITH ME FOR PERSONALIZED GUIDANCE. STAY CONSISTENT WITH YOUR NUTRITION PLAN, AND ENGAGE IN REGULAR EXERCISE.

**I WOULD LOVE TO TELL YOU MORE ABOUT MY ELITE TRANSFORMATION ACCOUNTABILITY PROGRAM!**

**YOU WOULD RECEIVE:**



**DAILY ACCOUNTABILITY!**



**ONE ON ONE COACHING!**



**SUSTAINABLE RESULTS!**



**NUTRITION TRAINING!**



**MINDSET TRAINING!**



**COMMUNITY!**

