

# MEAL PLAN FOR HEALTHY WEIGHT LOSS



REMOVE **FAT** FROM HIGH CARBS

P + C

KEEP TRACK!!!

www.crushsugarcravings.com

## 5 Days only- No Butter or Nut Butter!

<b>DINNER B4 6:30PM</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
<b>MONDAY</b>	OATMEAL Banana FF YOGURT	Vegan Black Bean Soup	Asian Stir fry lean meat NO FAT
<b>TUESDAY</b>	Fat Free Banana Oatmeal Quick Bread + 1 egg veggie stirfry	Grilled Chicken Caesar Salad Wrap	Easy Vegan Chili + side salad
<b>WEDNESDAY</b>	Fat Free Banana Oatmeal Quick Bread + 1 egg veggie stirfry	Easy Vegan Chili + side salad	PROTEIN PASTA LEAN BEEF SALAD
<b>THURSDAY</b>	Blueberry Quick bread & yogurt/berries	Easy Vegan Black bean soup	Zucchini Rollatini with Quinoa + Chickpeas
<b>FRIDAY</b>	OATMEAL BERRIES FF YOGURT	Zucchini Rollatini with Quinoa + Chickpeas	Sheet Pan Chicken Fajitas
<b>SATURDAY</b>	I'm Ready For A Lifestyle Change	I'm Ready For MINDSET FIX	I'm Ready TO COMMIT THIS TO GOD

Baking swap 1/2 cup Oil for 1/2 cup unsweetened applesauce or yogurt