

V Shred Meal Plan



Day 1

B: Oatmeal with Fruit
S: Fruits
L: Veggies,
S: Carrots, and Hummus
D: Teriyaki Salmon and Veggies
D: Berries

Day 2

B: Berry Smoothie
S: Grapes or Nuts
L: Turkey Sandwich
S: Pear and Popcorn
D: Grilled Chicken and Veggies
D: Berry Mousse

Day 3

B: Egg White Omelet
S: Watermelon
L: Tuna Salad
S: Fruit and Cottage Cheese
D: Teriyaki Shrimp and Veggies
D: Frozen Yogurt

Day 4

B: Overnight Oats
S: Banana and Cashews
L: Turkey Tortilla
S: Broccoli and Cauliflower
D: Quinoa and Grilled Chicken
D: Fruit Smoothie

Day 5

B: Toasted Bagel
S: Apple and Nuts
L: Green Salad
S: Sweet Potato
D: Steak and Potatoes
D: Berry Mousse

Day 6

B: Eggs and Toast
S: Fruits
L: Veggie Soup
S: Fruit Yogurt
D: Mustard Salmon
D: Chocolate Milk

Day 7

B: Overnight Oats
S: Nuts and Banana
L: Salmon Wrap
S: Carrots and Hummus
D: Veggie Pizza