



Weekly Meal Planner December 3-9

Macronutrient Rotation: 5 low carb days, 1 high carb day, 1 flex day



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	Breakfast	Snack 1 (Small Snack) (Small Snack)	Lunch	Snack 2 (lg Snack/pre-workout)	Dinner
Saturday / Flex Day / AM Boot Camp	Coco-Mocha Protein Shake	Noosa Tart Cherry Yogurt	Roast Beef Sandwich on Whole grain bread, Dijon, lettuce, tomato w/pickles	Egg Salad, Ancient Grains Crackers	Cod Simmered in Tomato w herbes, broccoli, Cauliflower mash
Sunday / Low Carb Day / Cardio Sprints	Bacon & Eggs, Latte w Almond Milk	Pumpkin Smoothie	Egg Salad lettuce wraps	Protein Cookie, clementine	Rotisserie chicken, roasted vegetables
Monday / Low Carb Day / PM Circuit Training	Scrambled Eggs w/Turkey Sausage, Red bell pepper, onions, tomato & cilantro	Blackberry Chia Yogurt Parfait w Hazelnuts	Cod Simmered in Tomato w herbes, broccoli, Cauliflower mash	Roast Beef Lettuce Wrap + Avocado, tomato	Kale & Spinach Salad - w rotisserie chicken & HB Egg
Tuesday / High Carb Day / PM Weight Training	Pumpkin Oatmeal	Pumpkin Yogurt Parfait	Roast Beef, Egg	Baby Bel Cheese, Apple, Almonds, Crackers	Szechuan Green Beans with Ground Pork, Steamed Rice
Wednesday / Low Carb Day / PM Circuit Training	Turkey Sausage & Eggs w veggies	Crudites & Guacamole	Soup & sm salad	BAR, clementine	Rotisserie chicken, roasted vegetables
Thursday / Low Carb Day / Rest day, walk /Stretch	Southwestern Omlette	Crudites & Dip	Rotisserie chicken, roasted vegetables	Crudites & Sunbutter Dip	Steak & Roasted Vegetables
Friday / Low Carb Day / PM Circuit Training	Turkey Sausage & Eggs w veggies	Honey-Vanilla Yogurt Parfait	Lettuce Wrap w/Roast beef, Provolone & Avocado	Protein Cookie, clementine	Turkey Chili, Avocado