

CLIMBING MEAL PLAN



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Breakfast Burritos (1 tortilla, 3 oz ground turkey, 2 eggs, scrambled, 1/8 cup hashbrowns, tomatoes, bell peppers, salsa, 1/2 cup spinach) 1 cup milk	Overnight oats (1/2 cup oats, 1 banana, 2 T peanut butter, 1 scoop protein powder, 1 T chia seeds, 1 cup milk)	Avocado Toast with 1 egg Green Smoothie (1/2 cup Greek yogurt, 1 handful spinach, 1 frozen banana, 1 T chia/flax seeds, 1/4 cup frozen zucchini, 1/4 cup frozen berries, 2 T oats, 2 cups milk)	1 cup Greek yogurt with 1/2 cup granola 1.5 cups fruit/veggie smoothie 1/2 bagel with cream cheese	2 eggs 1/2 cup hashbrowns 3 oz ham 1 slice toast 1 cup orange juice	Date flaxseed muffin Green smoothie (see Tuesday recipe)	3 Protein Pancakes 3 T syrup 1 cup milk 1/2 cup berries 1 T peanut butter
Snack	Hummus, veggies, and pita bread or crackers	PB&J Sandwich	1/4 cup almonds and dried fruit	12 oz Protein shake	Nut butter with apple and celery slices	1 cup cottage cheese and fruit	12 oz chocolate milk
Lunch	Veggie burger with toppings Orange slices Cucumber slices 12 oz juice	Leftover burritos or bowls	Leftover coconut rice veggie bowl	Chicken salad sandwich 1/2 cup snap peas 1/2 cup grapes 1/2 cup pretzels	Turkey and veggie pesto pita 1/2 cup cottage cheese with pear slices	Leftover tacos	Wraps (1 tortilla with shredded chicken, kidney beans, cheese, spinach, salsa, cucumbers, tomatoes, bell peppers) 1 apple
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Snack	1 cup Greek yogurt with berries, granola	12 oz 1% chocolate milk and 1/2 cup grapes	energy bar and fruit	12 oz protein shake	1 can tuna and whole wheat crackers	Rice cake with 1 scoop peanut butter and a banana	energy bar and dried fruit
Dinner	Burrito bowls (rice, shredded chicken, black beans, lettuce, cheese, salsa, avocado, tortilla chips, etc.)	1/2 cup coconut rice 2 cups roasted vegetables with 3 T hummus 4 oz salmon 1/2 cup berries	3 slices veggie pizza 1 cup green salad with dressing	Loaded baked sweet potatoes (1 sweet potato, shredded bbq chicken, tomatoes, green onions, cheese, avocado, ranch)	3 meat and bean tacos (topped with shredded lettuce, salsa, sour cream, guacamole, tomatoes, bell peppers) 1 cup milk	Bbq Chicken sandwich 2 cups green salad with dressing 1 cup oven-baked fries	Veggie pesto pasta (1 cup pasta, 1 T pesto, spinach, bell peppers, zucchini, tomatoes, avocado, parmesan cheese) 2 breadsticks peach slices
Snack	Eat a snack of 200-300 calories:	3 cups popcorn or your choice	1 cup chips and salsa or your choice	1/2 cup frozen yogurt or your choice	veggies and ranch or your choice	1 cup yogurt and frozen berries	Bran muffin or your choice