

Trading Cardio for Cosmos Weekly Menu Plan: Week of January 13

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Emily Bites Chicken Sausage Egg Bake (2), apple, coffee with FF 1/2 and 1/2 (1)	2 hard-boiled eggs, banana, coffee with FF 1/2 and 1/2 (1)	Emily Bites Chicken Sausage Egg Bake (2), apple, coffee with FF 1/2 and 1/2 (1)	2 hard-boiled eggs, banana, coffee with FF 1/2 and 1/2 (1)	Emily Bites Chicken Sausage Egg Bake (2), apple, coffee with FF 1/2 and 1/2 (1)	Veggie egg white frittata, 2 pcs rye Toast (5), coffee with FF 1/2 and 1/2 (1)	Banana, Apple
Snack	Orange, cheese stick (1)	Grapes	Orange, cheese stick (1)	Grapes	Orange, cheese stick (1)	Apple	Navel Orange
Lunch	SNL Spicy Red Lentil Soup (1) and Salad with LF dressing (1)	Skinnytaste Greek Chickpea Salad (6)	SNL Spicy Red Lentil Soup (1) and Salad with LF dressing (1)	Skinnytaste Greek Chickpea Salad (6)	Lunch Out: Sweet & Sour Soup (2) with sauteed shrimp & broccoli (1)	Turkey wrap with mustard and pickles (2), Pretzel Thins (4)	Brunch Out: 2 poached eggs, sauteed spinach, 2 pcs taylor ham (1), english muffin (4), Mimosa (4)
Snack	Bada Bing Beans (2), apple	VT Smoke stick (1), cheese stick (1)	Bada Bing Beans (2), apple	VT Smoke stick (1), cheese stick (1)	Bada Bing Beans (2), Apple	Banana	Grapes
Dinner	Pork chops (7), roasted broccoli, salad with olives and LF dressing (2)	3 SkinnyishDish Chicken Street Tacos (5) with chips (4) and salsa, 1 Skinny Margarita (5)	Shrimp, Asparagus, Lemon, Potato Sheetpan Meal (6), Salad with olives and LF dressing (2)	Beef Stir-Fry (8) with Korean BBQ sauce (2), 5oz red wine (4)	Naan pizza (8), salad with olives and LF dressing (2), 5oz red wine (4)	Dinner Out: Grilled white fish with 2tsp olive oil (3), sauteed green beans, salad with LF dressing (1), Cosmopolitan (7)	4oz beef shortribs (11), roasted broccolini with lemon zest, roasted mushrooms with rosemary
Snack	Banana with Barney Butter (5)	Clementine	Goodness Knows Bar (7)	Banana	Clementine	Clementine	100 calorie bag of SkinnyPop (3)

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