

Trading Cardio for Cosmos Weekly Menu Plan: Week of January 20

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	2 hardboiled eggs, banana, coffee with FF 1/2 and 1/2 (1)	Skinnyish Dish Breakfast Sammies (4), coffee with FF 1/2 and 1/2 (1)	2 hardboiled eggs, banana, coffee with FF 1/2 and 1/2 (1)	Skinnyish Dish Breakfast Sammies (4), coffee with FF 1/2 and 1/2 (1)	2 hardboiled eggs, banana, coffee with FF 1/2 and 1/2 (1)	Veggie egg white omelette, chicken sausage (2), coffee with FF 1/2 and 1/2 (1)	2 hardboiled eggs, banana, coffee with FF 1/2 and 1/2 (1)
Snack	Apple, clementine	Orange, blackberries	Apple, clementine	Orange, blackberries	Apple, clementine	Banana	Apple
Lunch	SNL Big Mac Salad (7)	Emily Bites Chicken Saltimbocca Sandwich (7), raw veggies	SNL Big Mac Salad (7)	Emily Bites Chicken Saltimbocca Sandwich (7), raw veggies	Lunch Out: Chipotle Bowl with sofritas, extra veggies, extra lettuce, black beans, and fresh	Shrimp tacos in lettuce wraps with LF sour cream (2)	Brunch Out: chicken sandwich (5) with cheddar cheese (4) and side salad (1), Bloody Mary (5)
Snack	Baby Brie (3), cucumber slices	Bada Bing beans (2), grapes	Baby Brie (3), cucumber slices	Bada Bing beans (2), grapes	Raw veggies	Apple, clementine	Raw veggies
Dinner	Skinnyish Dish Skillet Pickle Chicken (2), 6 Alexia onion rings (8), Salad with olives and LF dressing (2)	3 Skinnytaste Taco Empanadas (6), sheetpan fajita veggies - Peppers, onions, mushrooms	Cast-iron pork chops with brandied mushrooms (9), sauteed green beans with 1tsp olive oil(1), salad with olives and LF dressing (2)	Alfresco italian chicken meatballs (4) over zoodles with tomato sauce, 1Tbsp grated parmesan cheese (1), 5oz red wine (4)	Filet mignon (7) with 3oz roasted fingerling potatoes (2), roasted broccoli, 9oz red wine (8)	Dinner Out: Steamed mussels with 1pc toast (4), grilled chicken paillard (4 for oil), 3oz baby potatoes (2), 9oz white wine (8)	Skinnytaste Giant Turkey Meatball Parm (7), salad with LF dressing (1)
Snack	Grapes	100 calorie bag of SkinnyPop (3)	Melon	Melon	Berries	Grapes	Clementine, berries

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