

Trading Cardio for Cosmos Weekly Menu Plan: Week of January 27

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Skinnytaste Avocado Toast with Lemon & Kale (8), Coffee with FF 1/2 & 1/2 (1)	Skinnyish Dish Egg Salad on LF english muffin (4), banana	Skinnytaste Avocado Toast with Lemon & Kale (8), Coffee with FF 1/2 & 1/2 (1)	Skinnyish Dish Egg Salad on LF english muffin (4), banana	Skinnyish Dish Egg Salad on LF english muffin (4), banana	2 hardboiled eggs, banana, coffee with FF 1/2 & 1/2 (1)	Veggie Frittata, LF english muffin (3), coffee with FF 1/2 & 1/2 (1)
Snack	Banana	Apple	Banana	Apple	Apple	Apple	Banana
Lunch	SNL Skinny Southwest Chicken Soup (0), salad with LF dressing (1)	Emily Bites Sweet & Spicy Grilled Chicken Sandwich (3), Pretzels (4)	SNL Skinny Southwest Chicken Soup (0), salad with LF dressing (1)	Emily Bites Sweet & Spicy Grilled Chicken Sandwich (3), Pretzels (4)	Lunch Out: Bunless Turkey Burger (4), Cheddar Cheese (4), and grilled veggies (1)	Grilled shrimp over salad with LF feta (3), olives (1) and LF dressing (1)	Turkey Wrap with olive oil mayo, lettuce, tomato, and cucumber (3), pickles
Snack	Sabra Spicy Guac Single (3), raw veggies	Englightened Bada Bing Beans (2), pineapple chunks	Sabra Spicy Guac Single (3), raw veggies	Englightened Bada Bing Beans (2), pineapple chunks	Raw veggies	Raw veggies	100 calorie SkinnyPop (3)
Dinner	Skinnytaste Garlicky Cuban Pork (5), 1/2c wild rice (3), side salad with olives and LF dressing (2)	99% FF Turkey Tacos with 2 Old El Paso Crispy Shells (5), 1/4c LF cheddar (4), 2Tbsp LF sour cream (1)	Hungry Girl Mediterranean Shrimp & Veggies (3), salad with olives and LF dressing (2), 6oz white wine (5)	Grilled Murray's teriyaki ginger chicken breast (2), stir-fry veggies with korean bbq sauce (2)	Grilled sea bass filet with lemon-chive sauce (3), sauteed kale, 1/2c jasmine rice (3), 5oz white wine (4)	Dinner Out: Shrimp cocktail, Salad with 1tsp olive oil and balsamic vinegar (1), pork chop with mushroom-wine sauce (9), sauteed veggies (1), Martini (7)	WW Lobster Roll (3), side salad with olives and LF dressing (2), 6oz white wine (5)
Snack	Apple	NF greek yogurt with no-sugar added cherries	Apple	1c LF ice cream (6)	NF greek yogurt with no-sugar added cherries	Clementine	1/2c LF ice cream (3)

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