

Trading Cardio for Cosmos Weekly Menu Plan: Week of February 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Emily Bites Triple Berry Yogurt Bowl (2) with 3Tbsp lowfat granola (3), coffee with LF 1/2 & 1/2	2 hard boiled eggs, banana, coffee with LF 1/2 & 1/2 (1)	Emily Bites Triple Berry Yogurt Bowl (2) with 3Tbsp lowfat granola (3), coffee with LF 1/2 & 1/2	2 hard boiled eggs, banana, coffee with LF 1/2 & 1/2 (1)	Emily Bites Triple Berry Yogurt Bowl (2) with 3Tbsp lowfat granola (3), coffee with LF 1/2 & 1/2	2 hard boiled eggs, banana, coffee with LF 1/2 & 1/2 (1)	2 poached eggs over sauteed mushrooms, onions, greens, coffee with LF 1/2 & 1/2 (1)
Snack	Sugar snap peas	Raw bell pepper	Sugar snap peas	Apple	Sugar snap peas	Apple	Banana
Lunch	SNL Spinach Quiche (10), salad with LF dressing (1)	Hungrygirl Cup o' Zucchini Noodles with Chicken (3), salad with LF dressing (1)	SNL Spinach Quiche (10), salad with LF dressing (1)	Hungrygirl Cup o' Zucchini Noodles with Chicken (3), salad with LF dressing (1)	Lunch Out: Slice of pizza (9), side salad with LF dressing (1)	Emily Bites Pizza Burger Sliders (5)	Grilled chicken over greek salad (6)
Snack	Apple	Berries	Apple	Sabra Spicy Guac singles (3) with raw veggies	Apple	Banana	Orange
Dinner	Emily Bites Kickin' Chicken Pasta (7), sauteed spinach	12 tortilla chips topped with 1/4c LF shredded cheddar with grilled chicken, sauteed peppers, onions, mushrooms, and taco sauce (8), 2 skinny margaritas	WW Hunan Shrimp & Veggies (7)	Rosemary pork chop (8) with 3oz baby potatoes (2), roasted asparagus, 6oz red wine (5)	WW Beef Pho (8)	Grilled Lamb Chops (6), 3oz baby potatoes (2), broccoli, 10oz red wine (9)	Baked Ziti with meat (11), side salad with LF dressing (1), 5oz red wine (4)
Snack	Pineapple chunks	NF greek yogurt with no-sugar added berries	Pineapple chunks	NF greek yogurt with no-sugar added berries	Pineapple chunks	Berries	Apple or Berries

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