

30 Days of Weight Loss Meal Ideas **Go to Healthbeet.org for recipes**

	EGGS	OATMEAL	SALAD	PROTEIN TREAT	DINNER
1	Scrambled Eggs	Strawberries and cream	Berry Spinach Salad	Cake batter Ice cream	Tacos with corn tortilla and
2	Egg white omelete	Salted Caramel	BBQ Chicken salad	Strawberry ice cream	Ground beef with rice and
3	Hard boiled eggs	Birthday Cake	Taco Salad	Protein PB Cup	Chicken Stir Fry
4	Quiche	PB Banana	Cobb salad	Cookies & Cream protein	Steak with potatoes and
5	Deviled Eggs	PB Chocolate	Chef's Salad	Protein mug cake	Chicken Fajitas
6	Frittata	Blueberry	Turkey Ranch Salad	Protein pancakes	Hamburger on lettuce w/
7	Egg salad	Raspberry	Asian Salad	Pumpkin Protein Fluff	Fish and Asparagus with
8	Egg sandwich	Banana Bread	Hard boiled Egg Salad	Protein cookie dough	BBQ chicken and rice
9	Egg muffins	Coconut	Chicken Caesar Salad	Sweet potato protein	Chili
10	Baked Eggs	Almond poppyseed	Chicken Cobb Salad	Cake batter protein balls	Homemade Pizza with
11	Overeazy	Lemon Poppyseed	BLT salad	Protein Cheesecake	Chicken Caesar Salad
12	Egg white pizza	Maple & brown sugar	Apple Chicken Salad	Protein Pumpkin Mug cake	Meatball Stroganoff
13	Egg crepes	Cookie Dough	Strawbery and Grilled	Cookies and cream mug	Grilled chicken tenders with
14	Chaffles (cheese waffles)	Pumpkin	Thai Chicken Salad	Protein donuts	Sticky Ginger Chicken
15	Microwave eggs	Carrot Cake	Greek Avocado Salad	Cinnamon Vanilla Protein	Italian Chicken and
16	Egg wrap	Apples and Cinnamon	Cranberry Walnut Feta	Pistachio Protein Shake	Spaghetti Squash
17	Egg white oatmeal	Cinnamon Roll	Maple Burboun Bacon	Blueberries and cream cake	Low Calorie Chicken
18	Cloud Egg	Brownie	Poppyseed salad	Protein powder crepes	Homemade Chick-fil-A
19	Eggs and laughing cow	Blueberry Lemon	Farmhouse Ranch	YOGURT	Italian Stuffed Peppers
20	Poached Eggs	Cherry	Southwest Salad	Caramel	Chicken Fajita Rollups
21	Scrambled egg pizza	Orange creamsicle	Mixed Greens with Dijon	Peanut butter powder	Chicken Lettuce Wraps
22	Breakfast burrito	S'more	Lemon Parmesan Salad	Birthday Cake	Chicken Lo-Mein
23	Cottage Cheese eggs	Pistachio Oatmeal	Broccoli Berry Salad	Pistachio	Spaghetti squash with
24	Inside out omelette	Almond Butter	Turkey Bacon Salad	Strawberry cheesecake	Spaghetti Squash Tacos
25	Eggs benedict	Peaches & Cream	Chicken Raspberry Nut	Yogurt and cookies and	Cheesy Meatballs over rice
26	Denver Omelette	Dried fruit & nuts	Turkey Cranberry Sunflower	Yogurt blueberry	Chicken Noodle Soup
27	Egg white pancakes	Pumpkin and chocolate	Southwest BBQ salad	Yogurt Pistachio pudding	Sloppy Joes with Ground
28	Breakfast quesadilla	Peanut butter and Jelly	Pulled Pork Salad	Frozen Yogurt Pie	Pork roast and potatoes
29	Bell Pepper ring Eggs	banana caramel	Roasted Veggie and	Yogurt plus chocolate	Pork loin and Rice
30	Breakfast Egg casserole	Oatmeal raisin cookie	Bell Pepper and Ranch	Yogurt plus protein cookie	Cauliflower Gnocchi with