

# Meal Plan #2{THM}

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DAY	BREAKFAST	LUNCH	SNACK	DINNER	SNACK
<b>Sunday (9/8)</b>	Pumpkin Fat Stripping Frappe (S)	Salad with Tuna (FP)	Depends if hungry	Taco Salad (S) on page 347	Depends if hungry
<b>Monday (9/9)</b>	Cheesy Omelet (S) on page 219 with Greek Yogurt	Leftover Taco Salad (S)	Depends if hungry	Chinese Chicken and Broccoli with Cauli Rice (S)	Depends if hungry
<b>Tuesday (9/10)</b>	Breakfast Burrito (E) on page 234	Leftover Chinese Chicken and Broccoli with Cauli Rice (S)	Depends if hungry	Chicken Satay Soup (S) on page 336	Depends if hungry
<b>Wednesday (9/11)</b>	Pumpkin Pancakes (S)	Leftover Chicken Satay Soup (S) on page 336	Depends if hungry	Leftover Chicken Satay Soup (S) on page 336	Frozen Yogurt (FP) on page 376
<b>Thursday (9/12)</b>	Fat Stripping Frappe (FP) on page 240	Leftover Chicken Satay Soup (S)	Depends if hungry	Fantastic Meatloaf (S) on page 316	Depends if hungry
<b>Friday (9/13)</b>	Morning Quinoa (E) on page 228	Leftover Fantastic Meatloaf (S) on page 316	Depends if hungry	Grilled BBQ Chicken Thighs with Buttered Broccoli (S)	Depends if hungry
<b>Saturday (9/14)</b>	Strawberry Shortcake Muffins (E)	Chicken Salad Sandwich (E)	Depends if hungry	Succulent Citrus Fish Bake (E) on page 286	Cottage Berry Whip (FP) on page 379

# Grocery List

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## Dairy:

- Block of Cheese
- Eggs
- Cream Cheese
- Egg Whites
- Greek Yogurt
- Heavy Cream
- Cottage Cheese
- Sour Cream

## Meat:

- Grass-Fed Ground Beef
- Chicken Breasts
- Shredded Chicken
- Salmon

## Veggies and Fruit:

- Frozen Strawberries
- Lettuce
- Cauliflower
- Fresh Garlic
- Broccoli
- Cabbage
- Snow Peas
- String Green Beans
- Fresh Berries
- Celery
- Lemon
- Spinach

## Pantry:

- Canned Pumpkin
- Taco Seasoning (or homemade)
- Canned Tuna
- Soy Sauce
- Ezekiel Tortillas
- Natural Sugar-Free Peanut Butter
- Chicken Stock

- Old Fashioned Oats
- Tomato Paste
- Quinoa
- Golden Flax Meal
- Ezekiel Sprouted Bread

### Items On Hand Already:

- Almond Milk
- Stevia
- Sea Salt
- Whey Protein Powder
- Vanilla Extract
- Grass-Fed Butter
- Coconut Oil
- Baking Soda
- Glucomannan
- Nutritional Yeast
- Baking Powder