

V Shred Meal Plan



Day 1

- B: Oatmeal with Fruit
- S: Fruits
- L: Veggies,
- S: Carrots, and Hummus
- D: Teriyaki Salmon and Veggies
- D: Berries

Day 2

- B: Berry Smoothie
- S: Grapes or Nuts
- L: Turkey Sandwich
- S: Pear and Popcorn
- D: Grilled Chicken and Veggies
- D: Berry Mousse

Day 3

- B: Egg White Omelet
- S: Watermelon
- L: Tuna Salad
- S: Fruit and Cottage Cheese
- D: Teriyaki Shrimp and Veggies
- D: Frozen Yogurt

Day 4

- B: Overnight Oats
- S: Banana and Cashews
- L: Turkey Tortilla
- S: Broccoli and Cauliflower
- D: Quinoa and Grilled Chicken
- D: Fruit Smoothie

Day 5

- B: Toasted Bagel
- S: Apple and Nuts
- L: Green Salad
- S: Sweet Potato
- D: Steak and Potatoes
- D: Berry Mousse

Day 6

- B: Eggs and Toast
- S: Fruits
- L: Veggie Soup
- S: Fruit Yogurt
- D: Mustard Salmon
- D: Chocolate Milk

Day 7

- B: Overnight Oats
- S: Nuts and Banana
- L: Salmon Wrap
- S: Carrots and Hummus
- D: Veggie Pizza