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**Piyo Meal Plan**

**Food Plan: Plan A**

Primary Veggies	Sec. Veggies & Grains	Fresh Fruit	Lean Protein	Healthy Fats
4	2	2	4	3

www.melaniemitro.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Workout</b>	Define: Upper Body	Buns	Core	Strength Intervals	REST	SWEAT	Full Body Blast
<b>Breakfast</b>	Shakeology, 1/2 c water, 3/4 c cold coffee, 1 spoon almond butter, 1 swoop greens, ice and blend	Shakeology, 1/2 c water, 3/4 c cold coffee, 1 spoon almond butter, 1 swoop greens, ice and blend	Shakeology, 1/2 c water, 3/4 c cold coffee, 1 spoon almond butter, 1 swoop greens, ice and blend	Shakeology, 1/2 c water, 3/4 c cold coffee, 1 spoon almond butter, 1 swoop greens, ice and blend	Shakeology, 1/2 c water, 3/4 c cold coffee, 1 spoon almond butter, 1 swoop greens, ice and blend	Shakeology, 1/2 c water, 3/4 c cold coffee, 1 spoon almond butter, 1 swoop greens, ice and blend	Shakeology, 1/2 c water, 3/4 c cold coffee, 1 spoon almond butter, 1 swoop greens, ice and blend
<b>Snack</b>	Strawberries & cashews	20 grapes almonds	4 Cashews and 1 cup strawberries	1 rice cake and almond butter	1 cup blueberries and slivered almonds	blueberries and almonds	1 cup strawberries and cashews
<b>Lunch</b>	turkey lettuce wraps, w/ black beans	Turkey meatballs and spaghetti squash and sauce	1 slice ezeziel bread, egg whites, avocado and tomoato	Egg white omelet and veggies	Turkey taco casserole	leftover zoodles and chicken with fresh veggies	Egg whites, ezeziel toast, avocado, and tomato
<b>Snack</b>	Cucumbers, peppers & hummus	Cucumbers peppers and hummus	Cucumbers peppers and hummus	1 c strawberries and almonds	1 cup watermelon	1 cup cantaloupe	cucumbers and hummus
<b>Dinner</b>	Grilled chicken, watermelon, brown rice, steamed green beans	Shrimp tacos with avocado and steamed broccoli	Salmon, dill sauce, and grilled asparagus	Turkey taco casserole	zoodles and chicken with steamed cauliflower	Turkey Meatloaf, sweet potato and steamed broccoli	Turbofire chili
<b>Snack</b>							

PIYO MEAL PLAN  
Week 3

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