

# HIGH-PROTEIN WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	PROTEIN
MON	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Chicken Salad	One Pan Chicken & Veggies	92 Grams
TUES	Overnight Oats <i>OR</i> Yogurt Parfait	No Lettuce Salad <i>OR</i> Chicken Salad	Salmon Tacos <i>OR</i> Chicken Tacos	87 Grams
WED	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Chicken Salad <i>OR</i> 1-Minute Wrap	Orange Pork Stir-Fry <i>OR</i> Chicken & Chickpea Curry	94 Grams
THURS	Overnight Oats <i>OR</i> Yogurt Parfait	Leftovers <i>OR</i> Mason Jar Salad	Mediterranean Bowls	65 Grams
FRI	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Chicken Salad <i>OR</i> 1-Minute Wrap	Leftovers	104 Grams
SAT	Protein Pancakes	Leftovers <i>OR</i> Mason Jar Salad	Ricotta Meatballs	92 Grams
SUN	Oatmeal Bake <i>OR</i> Sweet Potato Egg Cups	Leftovers <i>OR</i> Chickpea Greek Salad	Slow Cooker Pulled Pork	85 Grams

# Protein Breakfast Last 90 Days Returns

**KJ Lindholm-Leary**



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**The Reader's Digest** De Witt Wallace,Lila Acheson Wallace,DeWitt Wallace,1976    **Boardroom Reports** ,1986

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**Extreme South** James Castrission,2012-07-31 On 31 October 2011 James Castrission and Justin Jones set out to achieve one of the last great polar adventures an unsupported return journey from the edge of the Antarctic continent to the South Pole This is a quest that has been attempted by many experienced polar explorers before them and all have failed This book details everything the preparation the setbacks the outset the highs and the lows all in brutally honest detail This expedition is the modern day equivalent of the exploits of Scott Amundsen and Shackleton and Castrission and Jones man hauled a pulk with 200kg of provisions each utilising prevailing winds with kites when possible Why do this Through realising a childhood dream and committing themselves to a groundbreaking expedition these two intrepid blokes hope to inspire others to overcome fear and pursue their own adventures and dreams    **An Index of Treatment** Sir Robert Hutchison,James

Sherren,1921    *British Medical Journal* ,1924    **Working Woman** ,1984    *Publishers Directory* Linda S.

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