

PB3 Week 3 Meal Plan

	BREAKFAST	LUNCH	DINNER
<i>Mon</i>	Chewy Granola Bars	Loaded Vegetable Soup	Pasta w/ pesto & seared cherry tomatoes
<i>Tues</i>	Potato & Veggie Hash	Toast w/ pesto, tomatoes & avocado	Portobello steaks w/ Chimichurri sauce & avocado
<i>Wed</i>	Pina colada smoothie	Greek Pasta Salad	Vegetable Stir Fry
<i>Thur</i>	Potato & Veggie Hash	Vegetable Stir Fry (leftovers)	Black Bean & Avocado Quesadillas w/ Chipotle Cream sauce
<i>Fri</i>	Chewy Granola Bars	Southwestern Chopped Salad w/ Chipotle Cream dressing	Italian Stuffed peppers
<i>Sat</i>	Going green smoothie	Italian Stuffed peppers (leftovers)	Sweet and Sour Chickpeas w/ broccoli & peppers over brown rice
<i>Sun</i>	Chewy Granola Bars	Enjoy any Leftovers	Enjoy any Leftovers