

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 4 - PiYo - Meal Plan A							
Workout	PiYo Sweat	PiYo Core or Hardcore on the Floor	PiYo Buns	PiYo Drench	REST	PiYo Strength Intervals	PiYo Sweat
Breakfast 7:30am	1/2 C steel-cut Oats, 2 Egg 1 cup cooked kale or spinach	1/2 C steel-cut Oats, 1/2 c Greek yogurt	1 cup Greek Yogurt 1 green apple	1/2 C quinoa, 1/2 green apple 4 walnut halves 3oz baked tempeh	3oz Baked Tempeh 1 cup cooked kale	1/2 C Oatmeal, 2 Egg 1 cup cooked kale or spinach	1/2 C rolled oats, 2 Egg 1 cup cooked kale or spinach
Snack 10am	Shakeology 1 tsp. coconut oil Pineapple Ice and water	Shakeology 1 tsp. coconut oil Blueberries Ice and water	Shakeology 1 tsp. coconut oil Strawberries Ice and water	Shakeology 1 tsp. coconut oil Pineapple Ice and water	Shakeology 1 tsp. coconut oil Strawberries Ice and water	Shakeology 1 tsp. coconut oil Blueberries Ice and water	Shakeology 1 tsp. coconut oil Pineapple Ice and water
Lunch 12:45	3oz Chicken Salad and veggies Miso Ginger Dressing	Veggie burger Salad and veggies 1 Tbsp. pumpkin seed	3oz Chicken Salad and veggies Miso Ginger Dressing	Veggie burger Salad and veggies	3oz Chicken Salad and veggies Miso Ginger Dressing	Veggie burger Salad and veggies 1 Tbsp. pumpkin seeds	Veggie burger Salad and veggies 1 Tbsp. pumpkin seeds
Snack 3pm	Apple 6 almonds	Apple 6 almonds Sliced red pepper	Apple 6 almonds Sliced red pepper	Apple 6 almonds Sliced red pepper	Apple 6 almonds	1 cup veggies 1 TBS Hummus	1 cup veggies 1 TBS Hummus
Dinner 6pm	Grilled Chicken Sweet potato Steamed veggies and kale	Taco Tuesday	Baked Tempeh Sweet potato 2 Veggies	My Son's Bday Dinner Pork Carnitas 2 Veggies	Beast Meatloaf Cooked spinach	Grilled Pork Tenderloin Veggies Sweet Potatoes	Shrimp Tacos Veggies

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