

MEAL PLAN

Week 5

Visit thegestationaldiabetic.com for prep

	MON	TUE	WED	THU	FRI	SAT
BREAKFAST	<u>Breakfast Burrito Casserole</u>	Protein Pancakes	Leftover Breakfast Burrito Casserole	2 Eggs & Bacon	2 Eggs & Cinnamon Nut Butter Toast	2 Eggs & Sausage
LUNCH	<u>Taco Chicken Salad</u>	Leftover Taco Chicken Salad	Leftover Taco Chicken Salad	<u>Cobb Salad</u>	Leftover Cobb Salad	Free Day (eat out or leftovers)
DINNER	<u>Chicken & Veggie Enchiladas</u>	<u>Bacon Cheeseburger Soup & Salad</u>	Leftover Chicken & Veggie Enchiladas	Leftover Bacon Cheeseburger Soup & Salad	<u>Sriracha Beef Cabbage Bowl</u>	Leftover Sriracha Beef Cabbage Bowl
SNACKS	Celery & Nut Butter Protein Bar	Apples & Nut Butter Boiled Eggs	Cottage Cheese & Berries Protein Bar	String Cheese Crackers & Cream Cheese	Apples & Greek Yogurt Dip <u>Chia Pudding</u>	Half Peanut Butter & Jelly Sandwich Chia Pudding

Eating out? Click [here](#) for low carb fast food & restaurant menu reviews.