

# MEAL PLAN

## Week 6



Visit [thegestationaldiabetic.com](http://thegestationaldiabetic.com) for prep

	MON	TUE	WED	THU	FRI	SAT
BREAKFAST	1 Egg & Cinnamon Nut Butter Toast	<u>Broccoli &amp; Cheese Crustless Quiche</u>	1 Egg & Cinnamon Nut Butter Toast	Leftover Broccoli & Cheese Crustless Quiche	2 Eggs, Bacon & Brussel Sprouts	Protein Pancakes or Waffles
LUNCH	<u>Chicken Salad</u> w/Wheat Thin and raw veggies w/Tzatziki	Leftover Chicken Salad w/Wheat Thin and raw veggies w/Tzatziki	Leftover Salmon Salad	Leftover Pizza Casserole	Leftover Balsamic Chicken & Veggies	Eat out or leftovers
DINNER	<u>Teriyaki Chicken Wraps</u>	<u>Salmon Salad</u>	<u>Pizza Casserole</u>	<u>Balsamic Chicken &amp; Veggies</u>	<u>Chili</u> w/Whole Wheat Crackers	Leftover Chili w/Whole Wheat Crackers
SNACKS	Cucumber Tomato Salad w/Tzatziki Protein Bar	Leftover Teriyaki Chicken Wraps Protein Bar	Leftover Chicken Salad Leftover Broccoli & Cheese Quiche	Apple & Peanut Butter Cottage Cheese & Berries	Apple & Peanut Butter Cucumber Tomato Salad w/Tzatziki	String Cheese Cottage Cheese & Berries

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