

MEAL PLAN

Week 7

Visit thegestationaldiabetic.com for prep

BREAKFAST

MON

Egg & Ham
Roll Ups

TUE

Leftover Egg
& Ham Roll
Ups

WED

Breakfast
Sausage
Casserole

THU

Leftover
Breakfast
Sausage
Casserole

FRI

Leftover
Breakfast
Sausage
Casserole

SAT

Asian
Scramble

LUNCH

MON

Mexican
Shrimp Taco
Salad

TUE

Leftover
Mexican
Shrimp Taco
Salad

WED

Leftover
Italian Baked
Chicken
w/Green
Beans

THU

Leftover
Turkey
Stuffed
Peppers
w/Brussel
Sprouts

FRI

Leftover
Smothered
Chicken
w/Bok Choy

SAT

Leftover
Shrimp Tacos

DINNER

MON

Italian Baked
Chicken
w/Green
Beans

TUE

Turkey
Stuffed
Peppers
w/Brussel
Sprouts

WED

Smothered
Chicken w/
Bok Choy.

THU

Shrimp Tacos

FRI

Lasagna Soup

SAT

Leftover
Lasagna Soup

SNACKS

MON

Vanilla Protein
Smoothie

TUE

Beef Jerky

WED

String Cheese
& Berries

THU

Sandwich
Meat Roll Ups

FRI

Almond Berry
Smoothie

SAT

Chia Pudding

Sandwich Meat
Roll Ups

Beef Jerky

String Cheese
& Berries

Vanilla Protein
Smoothie

Beef Jerky

Berries &
Nuts or Trail
Mix

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