

JEFF ZWALLY

1 WEEK MEAL PLAN

www.livemoreageless.com

MONDAY

Greek yogurt and oatmeal fruit bowl



Quinoa salad



Adobe chicken bowl



TUESDAY

Avocado toast with poached egg



Steak salad with dill yogurt dressing



Sirloin steak with jasmine rice

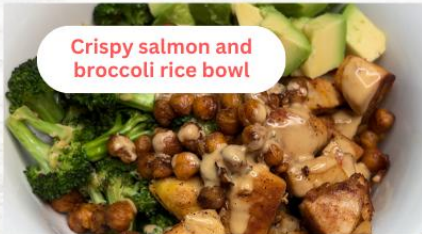


WEDNESDAY

Eggs and avocado toast



Crispy salmon and broccoli rice bowl



Salmon and roasted sweet potatoes



THURSDAY

Avocado toast with poached egg



Mediterranean chicken bowl



Salmon and kale tacos



FRIDAY

Greek yogurt and mango fruit bowl



Greek salad with grilled chicken



Whole grain penne with marinara



SATURDAY

Eggs and avocado toast



Tofu and snap pea ramen



Salmon with roasted sweet potatoes



SUNDAY

Greek yogurt and oatmeal fruit bowl



Quinoa chicken salad



Sirloin steak with jasmine rice

