



FIRE WITHIN

Nutrition and Fitness LLC

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MEAL PLAN

WEEK ONE

	BREAKFAST	SNACK	LUNCH	DINNER
MON	SCRAMBLED EGGS WITH SALSA AND AVOCADO	DRY ROASTED NUTS AND HAND FRUIT	STRAWBERRY SALAD WITH GRILLED CHICKEN	BUFFALO SHRIMP WITH SWEET POTATO AND ROASTED BROCCOLI
TUE	LEFTOVER SHRIMP BROCCOLI AND SWEET POTATO, OR PROTEIN SHAKE	DARK CHOCOLATE AND WALNUT DIPPED BANANA	EASY ROTISSERIE CHICKEN WITH BLACK BEANS	GERMAN BISON BURGERS WITH ASPARAGUS AND ROASTED ACORN SQUASH
WED	EGGS WITH NITRITE AND NITRATE FREE BACON	BLUEBERRY GOAT CHEESE AND HONEY CROSTINI	WALDORF SALAD	ASIAN CHICKEN STIR FRY
THU	SCRAMBLED EGGS WITH SALSA AND AVOCADO	ROASTED MACADAMIA NUTS WITH DARK CHOCOLATE SQUARES AND PIECE OF HAND FRUIT	LEFTOVER STIR FRY	HONEY GARLIC SALMON WITH GREEN BEANS AND MASHED POTATOES
FRI	STRAWBERRY-SUNRISE BREAKFAST SMOOTHIE	CHOCOLATE PISTACHIO CHERRY TRAIL MIX	BUFFALO CHICKEN SALAD SANDWICH	BISON TACOS
SAT	PALEO BANANA/CHOCOLATE CHIP PANCAKES	SMOOTHIE OF YOUR CHOICE	EAT OUT- GOOD OPTIONS- CAVA, CORE LIFE EATERY- CHIPOTLE (IF YOU GET A BOWL AND SKIP CHEESE AND SOUR CREAM	OVEN ROASTED HOT WINGS WITH HOMEMADE RANCH
SUN	GOAT CHEESE OMELET WITH CHICKEN SAUSAGE	DRY ROASTED NUTS AND HAND FRUIT	EAT OUT- GOOD OPTIONS- CAVA, CORE LIFE EATERY- CHIPOTLE (IF YOU GET A BOWL AND SKIP CHEESE AND SOUR CREAM	TUSCAN SOUP *THIS WILL CREATE SEVERAL LUNCHESES FOR NEXT WEEK AS WELL



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RECIPES ARE AVAILABLE ON FIREWITHINNF.COM

MEAL PLAN

WEEK TWO

	BREAKFAST	SNACK	LUNCH	DINNER
MON	BBREAKFAST BURRITO	DARK CHOCOLATE SQUARES WITH WITH ALMOND BUTTER AND CINNAMON HONEY DRIZZLE	LEFTOVER TUSCAN SOUP	TURKEY BURGER, BRUSSELS, AND ACORN SQUASH
TUE	AVOCADO EGG TOAST	SLICED APPLES WITH ALMOND BUTTER DRIZZLED WITH HONEY AND SPRINKLED WITH CINNAMON	ROASTED TURKEY AUTUMN HARVEST SALAD	ASIAN SHRIMP OR CHICKEN LETTUCE WRAPS WITH BACON AND ONION GREEN BEANS
WED	STRAWBERRIES AND CREME SMOOTHIE	CUCUMBER SLICES WITH GOAT CHEESE AND HONEY	MEDITERRANEAN CHICKEN SALAD	SAUTÉED CHICKEN THIGHS WITH RED SKIN IN MASHED POTATOES AND SAUTÉED ASPARAGUS
THU	BREAKFAST BURRITO	LEFTOVER MEDITERRANEAN CHICKEN SALAD ON CUCUMBER SLICES WITH FETA CHEESE	WALDORF SALAD	CHILI
FRI	AVOCADO EGG TOAST	CUCUMBER SLICES WITH GOAT CHEESE AND HONEY	LEFTOVER CHILI	BARBECUE CHICKEN PIZZA OR PIZZA NACHOS
SAT	SOURDOUGH FRENCH TOAST	GRAIN FREE TORTILLA CHIPS AND GUACOMOLE	EAT OUT-GOOD OPTIONS ARE CORE LIFE EATERY, CAVA, CHIPOTLE, AND WHERE YOU CAN GET GRILLED MEATS AND VEGGIES	GRASS FED STEAKS ZUCCHINI AND ONIONS AND SWEET POTATO
SUN	LEFTOVER STEAK WITH EGGS OVER EASY	EPIC OR CRAVE BRAND JERKY	BARBECUE CHICKEN PIZZA OR PIZZA NACHOS	ASIAN STIR FRY



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MEAL PLAN

WEEK THREE

	BREAKFAST	SNACK	LUNCH	DINNER
MON	CARROT CAKE SMOOTHIE	ANTS ON A LOG	LEFTOVER STIR FRY	LEMON ROSEMARY CHICKEN WITH BROCCOLINI AND ROASTED RED POTATOES
TUE	GOAT CHEESE EGG OMELET WITH CHICKEN SAUSAGE	MACADAMIA NUTS WITH DARK CHOCOLATE AND AN ORANGE	LEFTOVER LEMON LEMON ROSEMARY CHICKEN WITH BROCCOLINI AND ROASTED RED POTATOES	THAI BASIL SHRIMP SOUP
WED	EGGS WITH NITRITE AND NITRATE FREE BACON	ANTS ON A LOG	TURKEY AVOCADO APPLE SALAD	CHILI
THU	GREEN SMOOTHIE	BERRY AND COCONUT WHIPPED CREAM PARFAIT	LEFTOVER CHILI	BAKED CURRY CHICKEN WINGS WITH GREEN BEANS AND MASHED RED SKIN POTATOES
FRI	GOAT CHEESE EGG OMELET WITH CHICKEN SAUSAGE	DARK CHOCOLATE AND WALNUT DIPPED BANANA	LEFTOVER WINGS, GREEN BEANS AND MASHED POTATOES	STEAKHOUSE OF YOUR CHOICE
SAT	EGGS WITH NITRITE AND NITRATE FREE BACON	ONE OF THE FOLLOWING BARS: EPIC JERKY BAR, RX BAR, OHI BAR, BULLETPROOF COLLAGEN BAR, PURELY ELIZABETH BAR WITH PIECE OF FRUIT IF DESIRED	GREEK CHICKEN SALAD	SHRIMP AND GRITS (FIRE WITHIN STYLE)
SUN	PALEO PANCAKES WITH FAVORITE MIX INS	SLICED APPLES WITH ALMOND BUTTER	LEFT OVER SHRIMP AND GRITS	BISON TACOS





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MEAL PLAN

WEEK FOUR

	BREAKFAST	SNACK	LUNCH	DINNER
MON	LEFTOVER BISON MEAT WITH 2 EGGS OVER EASY ON TOP	PALEO GRANOLA	EGG AND SAUSAGE BREAKFAST MUFFINS	PORK TENDERLOIN, ROASTED BRUSSELS AND SAUTÉED BUTTERNUT SQUASH
TUE	LEFTOVER EGG AND SAUSAGE BREAKFAST MUFFINS	DRY ROASTED NUTS AND HAND FRUIT	LEFTOVER TENDERLOIN, BRUSSELS, AND BUTTERNUT SQUASH	TUSCAN SOUP
WED	PALEO GRANOLA WITH VANILLA ALMOND MILK	BANANA WITH CINNAMON HONEY ALMOND BUTTER	TUSCAN SOUP LEFTOVERS	CHICKEN TERIYAKI WITH BROCCOLI AND SWEET POTATO
THU	MINT CHOCOLATE CHIP SMOOTHIE	ANTS ON A LOG	CHICKEN TERIYAKI WITH BROCCOLI AND SWEET POTATO	SHRIMP AND SCALLOPS OVER ZUCCHINI NOODLES
FRI	GOAT CHEESE EGG OMELET WITH CHICKEN SAUSAGE	BERRIES AND COCONUT WHIPPED CREAM PARFAIT	LEFTOVER TUSCAN SOUP OR LEFTOVER SCALLOPS OVER ZUCCHINI NOODLES	GRILLED OR BASTED STEAK WITH MUSHROOMS, ONIONS AND ASPARAGUS
SAT	PALEO PANCAKES	STRAWBERRIES AND CREAM SMOOTHIE	EAT OUT CORE LIFE EATERY, CHIPOTLE, CAVA ETC... (MY FAVORITE IS THE KOREAN BBQ PORK BOWL)	BUFFALO CHICKEN WITH SWEET POTATOES AND BRUSSELS
SUN	EGGS WITH NITRITE AND NITRATE FREE BACON	BULLET PROOF COLLAGEN BAR OR RX BAR	EAT OUT - CORE LIFE EATERY, CAVA, HARRIS TEETER SALAD BAR, OR ANY HEALTHY SALAD AT A RESTAURANT	WILD CAUGHT SALMON WITH ROASTED BRUSSELS SKIN IN RED POTATO MASHED POTATOES

MEAL PLAN

WEEK FIVE

	BREAKFAST	SNACK	LUNCH	DINNER
MON	RASPBERRY LEMONADE SMOOTHIE	HUMMUS AND VEGGIES	BUFFALO CHICKEN SALAD SANDWICH	STEAK FAJITA SALAD
TUE	SWEET POTATO BREAKFAST HASH	BULLET PROOF COLLAGEN BAR OR RX BAR	LEFTOVER FAJITA STEAK SALAD	CHICKEN AND BROCCOLI ALFREDO
WED	PALEO GRANOLA WITH VANILLA ALMOND MILK	GUACAMOLE WITH GRAIN FREE TORTILLA CHIPS	LEFTOVER CHICKEN AND BROCCOLI ALFREDO	CHILI
THU	RASPBERRY LEMONADE SMOOTHIE	LEFTOVER GUACAMOLE WITH GRAIN FREE TORTILLA CHIPS	LEFTOVER CHILI	BUFFALO CHICKEN WITH SWEET POTATOES AND BRUSSELS
FRI	LEFTOVER BUFFALO CHICKEN WITH SWEET POTATOES AND BRUSSELS	BANANA WITH CINNAMON HONEY ALMOND BUTTER	LEFTOVER CHILI	LEMON ROSEMARY CHICKEN WITH BROCCOLINI AND ROASTED RED POTATOES
SAT	CHOCOLATE CHIP BACON PALEO PANCAKES	CHOCOLATE PISTACHIO CHERRY TRAIL MIX	EAT OUT CORE LIFE EATERY, KAVA, OR GRILLED MEAT OPTION, CHIPOTLE	BALSAMIC GLAZED PORK CHOPS WITH SAUTEED APPLES, ONIONS, AND GREEN BEANS
SUN	SAUSAGE AND EGG SCRAMBLE	RASPBERRY LEMONADE SMOOTHIE	EAT OUT KAVA, OR GRILLED MEAT, VEGGIE AND POTATO AND FAVORITE RESTAURANT	GERMAN BISON BURGERS WITH ASPARAGUS AND ROASTED ACORN SQUASH

MEAL PLAN

WEEK SIX

	BREAKFAST	SNACK	LUNCH	DINNER
MON	SCRAMBLED EGGS WITH SALSA AND AVOCADO	BANANA WITH CINNAMON HONEY ALMOND BUTTER	LEFTOVER GERMAN BURGERS WITH ASPARAGUS AND ROASTED ACORN SQUASH	TUSCAN SOUP
TUE	MINT CHOCOLATE CHIP SMOOTHIE	HUMMUS AND VEGGIES	LEFTOVER TUSCAN SOUP	TERIYAKI SHRIMP STIR FRY
WED	GOAT CHEESE EGG OMELET WITH CHICKEN SAUSAGE	GUACAMOLE WITH GRAIN FREE TORTILLA CHIPS	LEFT OVER TERIYAKI SHRIMP STIR FRY	GROUND TURKEY BURGERS
THU	SCRAMBLED EGGS WITH SALSA AND AVOCADO	SLICED APPLES WITH ALMOND BUTTER	TURKEY AVOCADO APPLE SALAD	BISON TACOS
FRI	BANANAS FOSTER SMOOTHIE	HUMMUS AND VEGGIES	LEFTOVER TACOS OR TACO SALAD	LEMON ROSEMARY CHICKEN WITH BROCCOLINI AND ROASTED RED POTATOES
SAT	SOURDOUGH FRENCH TOAST	MINT CHOCOLATE CHIP SMOOTHIE	EAT OUT CORE LIFE EATERY, CAVA, SALAD BAR, OR LEAN PROTEIN WITH ROASTED VEGGIES AND A POTATO AT FAVORITE RESTAURANT	PORK TENDERLOIN WITH ROASTED BRUSSELS AND SAUTEED BUTTERNUT SQUASH
SUN	SAUSAGE AND EGG SCRAMBLE	RASPBERRY LEMONADE SMOOTHIE	EAT OUT CORE LIFE EATERY, KAVA, CHIPOTLE WITH RICED CAULIFLOWER OR : GRILLED MEAT, VEGGIE AND POTATO AT FAVORITE RESTAURANT	HONEY GARLIC SALMON WITH GREEN BEANS AND MASHED POTATOES