



# Learn to Live Healthy

## MEAL PLAN

### MEAL PLAN INCLUDES

- FREE HEALTH ASSESMENT
- FREE GYM MEMBERSHIP
- FREE HEALTHLY LIFESTYLE COACH

~ July 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Breakfast of your choice Grilled Chicken Salad Quinoa Hummus Bowl	<b>2</b> Breakfast of your choice Chicken Bowl Chicken and Zoodles	<b>3</b> Breakfast of your choice Tuna Salad on Greens Tilapia Bowl	<b>4</b>
<b>5</b>	<b>6</b> Breakfast of your choice Vegan Avocado Wrap Quinoa Bowl	<b>7</b> Breakfast of your choice Protein Tacos Basil Chicken	<b>8</b> Breakfast of your choice Chicken and Fruit Salad Turkey Chilli Taco Soup and Green Salad	<b>9</b> Breakfast of your choice Turkey Salad Chicken & Kale Pesto Zoodles	<b>10</b> Breakfast of your choice Wedge Salad Siracha Bowl	<b>11</b>
<b>12</b>	<b>13</b> Breakfast of your choice Honey Goat Cheese Salad Eggplant Rollitini	<b>14</b> Breakfast of your choice Cilantro Chicken Wrap Turkey Rice & Sweet Potato	<b>15</b> Breakfast of your choice Grilled Chicken Salad Quinoa Hummus Bowl	<b>16</b> Breakfast of your choice Chicken Bowl Chicken and Zoodles	<b>17</b> Breakfast of your choice Tuna Salad on Greens Tilapia Bowl	<b>18</b>
<b>19</b>	<b>20</b> Breakfast of your choice Vegan Avocado Wrap Quinoa Bowl	<b>21</b> Breakfast of your choice Protein Tacos Basil Chicken	<b>22</b> Breakfast of your choice Chicken and Fruit Salad Turkey Chilli Taco Soup and Green Salad	<b>23</b> Breakfast of your choice Turkey Salad Chicken & Kale Pesto Zoodles	<b>24</b> Breakfast of your choice Wedge Salad Siracha Bowl	<b>25</b>
<b>26</b>	<b>27</b> Breakfast of your choice Honey Goat Cheese Salad Eggplant Rollitini	<b>28</b> Breakfast of your choice Cilantro Chicken Wrap Turkey Rice & Sweet Potato	<b>29</b> Breakfast of your choice Grilled Chicken Salad Quinoa Hummus Bowl	<b>30</b> Breakfast of your choice Chicken Bowl Chicken and Zoodles	<b>31</b> Breakfast of your choice Tuna Salad on Greens Tilapia Bowl	<b>Notes:</b>

SCHOOLHOUSE FITNESS, 415 W. FOOTHILL BLVD., CLAREMONT, CA 91711 909-625-6700