



This Fit Kitchen

Ingredients You'll Need!

Proteins

Greek yogourt

Eggs
Egg white

Ground turkey

Carbs

Grilled Chicken

Oats

Whole wheat or
sprouted grain
bread

Fats

Quinoa

Brown rice

Thai red curry
paste

Other Stuff

Feta

Sesame oil
Olive oil

Cream cheese

Peanut butter

Mushrooms
Leeks
Bell peppers

Green onion
Red onion
Frozen peas

Kale slaw
Bell peppers
Brussels sprouts

Your favourite
fruits

Meal Plan

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	Breakfast	Lunch	Dinner
Monday	Hard boiled egg on toast	Egg roll in a bowl	Greek quinoa salad
Tuesday	Spicy chocolate granola	Chicken and brown rice skillet	Turkey, Quinoa and Brussels Sprouts bowl
Wednesday	Hard boiled egg on toast	Chicken fried rice	Thai turkey and quinoa bowl
Thursday	Spicy chocolate granola	Turkey, Quinoa and Brussels Sprouts Bowl	Egg roll in a bowl
Friday	Hard boiled egg on toast	Greek quinoa salad	Chicken and brown rice skillet
Saturday	Spicy chocolate granola	Chicken fried rice	FREE MEAL