

HIGH-PROTEIN WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	PROTEIN
MON	Meal Prep Egg Sandwiches OR Cottage Cheese Egg Cups	Chicken Salad	One Pan Chicken & Veggies	92 Grams
TUES	Overnight Oats OR Yogurt Parfait	No Lettuce Salad OR Chicken Salad	Salmon Tacos OR Chicken Tacos	87 Grams
WED	Meal Prep Egg Sandwiches OR Cottage Cheese Egg Cups	Chicken Salad OR 1-Minute Wrap	Orange Pork Stir-Fry OR Chicken & Chickpea Curry	94 Grams
THURS	Overnight Oats OR Yogurt Parfait	Leftovers OR Mason Jar Salad	Mediterranean Bowls	65 Grams
FRI	Meal Prep Egg Sandwiches OR Cottage Cheese Egg Cups	Chicken Salad OR 1-Minute Wrap	Leftovers	104 Grams
SAT	Protein Pancakes	Leftovers OR Mason Jar Salad	Ricotta Meatballs	92 Grams
SUN	Oatmeal Bake OR Sweet Potato Egg Cups	Leftovers OR Chickpea Greek Salad	Slow Cooker Pulled Pork	85 Grams

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McCall's ,1977-10 Billboard ,1952-07-05 In its 114th year Billboard remains the world's premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends

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The Northwestern Miller ,1896 *West Africa* ,1981-09 Dissertation Abstracts International ,1978 **The Northwestern Miller** ,1928 **The Breeder's Gazette** ,1895 **The Youth's Companion** Nathaniel Willis,Daniel Sharp Ford,1872 Includes music **The Saturday Evening Post** ,1959-03 SCC Library has 1974-89 plus scattered issues

Outlook Alfred Emanuel Smith,Francis Walton,1878 *Chariot* ,1908 *Wallaces' Farmer and Iowa Homestead* ,1956

California Cultivator ,1922 **The Film Daily** ,1966 The London Corn Circular ,1947 The AOPA Pilot ,1988

The Farmer and Farm, Stock and Home ,1930 Electrical West ,1953

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