

HIGH-PROTEIN WEEKLY MEAL PLAN

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

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United States. Congress. House



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Sunset ,1978 **Good Housekeeping** ,1986 **The Reader's Digest** DeWitt Wallace,Lila Acheson Wallace,1977-10
Family Health ,1979 **The Improvement Era** ,1963 History of Soybeans and Soyfoods in Ohio William Shurtleff;
Akiko Aoyagi,2022-05-13 The world s most comprehensive well documented and well illustrated book on this subject With
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Better Homes and Gardens ,1974 **McCall's** ,1978-04 *The New York Times Magazine* ,1968 **Parents'**
Magazine ,1978 Health ,1985 **The Ladies' Home Journal** ,2003-09 Diabetes Self-management ,2001
Parents' Magazine & Better Homemaking ,1962 Red Book ,1980 The magazine for young adults varies **2014**
Catalog of Federal Domestic Assistance ,2014 Identifies and describes specific government assistance opportunities such
as loans grants counseling and procurement contracts available under many agencies and programs *Cosmopolitan*
,1984-07 Boys' Life ,1930-07 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911
it contains a proven mix of news nature sports history fiction science comics and Scouting **Journal of the House of**
Representatives of the United States United States. Congress. House,2010 Some vols include supplemental journals of
such proceedings of the sessions as during the time they were depending were ordered to be kept secret and respecting
which the injunction of secrecy was afterwards taken off by the order of the House *The Illustrated London News* ,1870

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