

# REFIT® REFUEL CHALLENGE

## WEEK 2 MEAL PLAN & GUIDELINES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Glass of lemon water // coffee with coconut milk  Power Oatmeal	Glass of lemon water // coffee with coconut milk  Breakfast Tacos	Glass of lemon water // coffee with coconut milk  Veggie Scramble	Glass of lemon water // coffee with coconut milk  Power Oatmeal	Glass of lemon water // coffee with coconut milk  Breakfast Bites	
	<b>SNACK</b> *Pita Chips & Hummus + a piece of whole fruit	<b>SNACK</b> *Bowl of Berries	<b>SNACK</b> *Homemade Trail Mix	<b>SNACK</b> *Pita Chips & Hummus + a piece of whole fruit	<b>SNACK</b> *Bowl of Berries	
	*Salad Trio	Shredded Chicken Nachos	*Turkey Pita	*Salad Trio	*Turkey Pita	
	<b>SNACK</b> *Bowl of Berries	<b>SNACK</b> Homemade Trail Mix	<b>SNACK</b> *Pita Chips & Hummus + a piece of whole fruit	<b>SNACK</b> *Bowl of Berries	<b>SNACK</b> *Homemade Trail Mix	
	Mom's Meatloaf	***Slow Cooker Pulled Pork Tacos	Salmon Tower	Shredded Chicken Nachos	*(Leftover) Pulled Pork Tacos	

\*Indicates SUPER QUICK snacks or meals, especially when bulk prep has already been done.

\*\*\*Indicates meals that need to be started in the *morning* to allow adequate cook time.

### GUIDELINES AND HELPFUL REMINDERS:

- **PORTIONS** - Portions are approximate. The recipes will indicate the number of servings you can expect from each meal. You are always encouraged to add portion sizes when it comes to fruit and veggies!
- **REPEATS** - You will notice certain recipes listed more than once. The intention is to provide a cost efficient plan that allows you to get the most out of your ingredients.
- **SUBSTITUTIONS** - Although certain substitutions may compromise the nutritional quality, the menu may be altered to suit your taste or dietary preferences. It's your body...listen and feed it what it needs!
- **TIMING** - There is conflicting data about the importance of the time of day certain food is consumed. However, we feel the *order* of consumption can make a difference. For example, starting with lemon water in the morning.
- **DESSERT** - Dark chocolate and/or dates are great choices for a meal finisher. Enjoy a small piece after lunch or dinner to satisfy your sweet tooth!
- **WEEKENDS** - Weekends are not included. However, you will likely have several leftover meals to choose from if you wish (especially those breakfast bites!)