

Meal Prep Schedule

Jarrell Weight Management Specialists



	Breakfast	Lunch	Snack	Dinner	Totals
Monday	Oikos Triple Zero Yogurt 100 cal, 7 net carbs	Turkey Sandwich 320 cal, 36 net carbs (choose low carb bread if needed)	1/4 cup of Walnuts and 1/4 cup blueberries 221 cal, 6 net carbs	Creamy Tuscan Chicken (Mealime) 649 cal, 12 net carbs	1290 cal 61 net carbs
Tuesday	Oatmeal with Strawberries added 200 cal, 39 net carbs	Turkey Burger 440 cal, 36 net carbs (choose low carb bread if needed)	1 cup sliced cucumbers, 1/2 cup blackberries 55 cal, 8 net carbs	Pan Fried Tilapia with Quinoa (Mealime) 515 cal, 32 net carbs	1210 cal 115 net carbs (but could significantly lower with low carb bread)
Wednesday	Baked Spinach/ Prosciutto and Egg cups (Mealime) 205 cal, 2 net carbs	Tuna Sandwich 360 cal, 36 net carbs (choose low carb bread if needed)	Optimum Nutrition Protein Shake (2 scoops) 240 cal, 6 net carbs	Filet Mignon 5oz + Green Beans + Cauliflower 595 cal, 15 net carbs	1400 cal 59 net carbs
Thursday	Oikos Triple Zero Yogurt 100 cal, 7 net carbs	Turkey Sandwich 320 cal, 36 net carbs (choose low carb if needed)	1/4 cup of Walnuts and 1/4 cup blueberries 221 cal, 6 net carbs	Creamy Tuscan Chicken (Mealime) 649 cal, 12 net carbs	1290 cal 61 net carbs
Friday	Oatmeal with Strawberries added 200 cal, 32 net carbs	Turkey Burger 440 cal, 36 net carbs (choose low carb bread if needed)	1 cup sliced cucumbers, 1/2 cup blackberries 55 cal, 8 net carbs	Pan Fried Tilapia with Quinoa (Mealime) 515 cal, 32 net carbs	1210 cal 115 net carbs (but could significantly lower with low carb bread)
Saturday	Baked Spinach/ Prosciutto and Egg cups (Mealime) 205 cal, 2 net carbs	Tuna Sandwich 360 cal, 36 net carbs (choose low carb bread if needed)	Optimum Nutrition Protein Shake (2 scoops) 240 cal, 6 net carbs	Filet Mignon 5oz + Green Beans + Cauliflower 595 cal, 15 net carbs	1400 cal 59 net carbs
Sunday	Oikos Triple Zero Yogurt 100 cal, 7 net carbs	Turkey Sandwich 320 cal, 36 net carbs (choose low carb bread if needed)	1/4 cup of Walnuts and 1/4 cup blueberries 221 cal, 6 net carbs	Creamy Tuscan Chicken (Mealime) 649 cal, 12 net carbs	1290 cal 61 net carbs

Grocery List: