

flexible protein-centered meal plan

How this works: You pick out a protein for each day of the week. You will always have that protein on that day. However, you switch up how you fix it from week to week. For the options, fill in three or four different recipes featuring that day's protein.

To keep this working long-term, change it up every so often. Replace recipes as you tire of them. Create a different menu for warm weather and cold. You can copy this page...

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MON. protein:

option 1: _____

option 2: _____

option 3: _____

option 4: _____

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TUES. protein:

option 1: _____

option 2: _____

option 3: _____

option 4: _____

.....

WED. protein:

option 1: _____

option 2: _____

option 3: _____

option 4: _____

.....

THU. protein:

option 1: _____

option 2: _____

option 3: _____

option 4: _____

FRI. protein:

option 1: _____

option 2: _____

option 3: _____

option 4: _____

.....

SAT. protein:

option 1: _____

option 2: _____

option 3: _____

option 4: _____

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SUN. protein:

option 1: _____

option 2: _____

option 3: _____

option 4: _____

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