DROP 10 TODAY PLANNER **WEEK 1**

Breakfast	Avocado 'N Egg Toast	Egg-Veggie Scramble	Protein Pancakes	Feel Good Overnight Oats	Greek Yogurt Parfait	Energizing Breakfast Smoothie	Blueberry "Mug" French Toast
Lunch	Drop 10 Salad	Open-Faced Turkey & Swiss Sandwich	Chicken Caesar Salad Wrap	Veggie Omelet	Quinoa Chickpea Tabbouleh	Curried Chicken Salad w/ Green Peas	Open-Faced Tuna Melt
Dinner	One Pan Chicken w/ Roasted Veggies	Baked Fish w/ Broccoli & Sweet Potato	Cauliflower Fried Rice w/ Shrimp, Chicken, Black Beans or Tofu	Burger & Fries	Balsamic Chicken	One Skillet Lime-Cilantro Shrimp	Grilled Chicken Parmesan
Snack (1-2)	1/2 Cup of Pistachios (in shell) String Cheese & Orange	Celery Sticks & 2 Level Tbsps Nut Butter 1 cup Steamed Edamame	1 Cup Steamed Edamame 1/4 Cup Hummus & Veggies	1 Cup Hummus & Veggies 1/2 Cup Pumpkin Seeds (in shells)	2 Rice Cakes, Topped w/ 1 Tsp Nut Butter 1/2 Cup Pumpkin Seeds (in shell)	4 Cups Light Popcorn String Cheese & Orange	1/2 Cup of Pistachios (in shell) Apple & 1 Level Tbsp Nut Butter