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[Athlean X Meal Plan Download Pdf -](#)

Piyo Meal Plan							
Food Plan: Plan A							
Primary Veggies	Sec. Veggies & Grains	Fresh Fruit	Lean Protein	Healthy Fats			
4	2	2	4	3			
www.melaniemitro.com							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Workout	Align	Define: Lower & Upper Body	Sweat	Core	Define Lower & Upper	Sweat	Rest
Breakfast	Shakeology, 1/2 c water, 3/4 c cold coffee, 1 spoon almond butter, 1 swoop greens, ice and blend	Shakeology, 1/2 c water, 3/4 c cold coffee, 1 spoon almond butter, 1 swoop greens, ice and blend	Shakeology, 1/2 c water, 3/4 c cold coffee, 1 spoon almond butter, 1 swoop greens, ice and blend	Shakeology, 1/2 c water, 3/4 c cold coffee, 1 spoon almond butter, 1 swoop greens, ice and blend	Shakeology, 1/2 c water, 3/4 c cold coffee, 1 spoon almond butter, 1 swoop greens, ice and blend	Shakeology, 1/2 c water, 3/4 c cold coffee, 1 spoon almond butter, 1 swoop greens, ice and blend	Shakeology, 1/2 c water, 3/4 c cold coffee, 1 spoon almond butter, 1 swoop greens, ice and blend
Snack	Apple & 6 raw almonds	Apple & 6 raw almonds	4 Cashews and 1 cup strawberries	Peach and almonds	1 cup blueberries and slivered almonds	2 egg white muffins	1 cup strawberries and cashews
Lunch	turkey lettuce wraps, w/ black beans	Leftover chicken fingers and fries w/green beans	1 slice ezeziel bread, egg whites, avocado and tomoato	Leftover Flank steak and veggies	Leftover Sloppy joes and veggies	leftover zoodles and chicken with fresh veggies	Creamy Chicken Salad Wrap w/ veggies
Snack	Cucumbers, peppers & hummus	Cucumbers peppers and hummus	Cucumbers peppers and hummus	Zucchini chips &	1 cup watermelon	1 cup cantaloupe	1 cup blueberries
Dinner	Chicken Fingers & Sweet potato fries and green beans	Shrimp tacos with avocado and steamed broccoli	Flank Steak, Stir Fry Veggies and Brown Rice	Turkey Sloppy Joes, Steamed Asparagus, sweet potato	zoodles and chicken with steamed cauliflower	Caprese Chicken, green beans brown rice	Pita Pizzas and veggies
Snack							

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