

HIGH-PROTEIN WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	PROTEIN
MON	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Chicken Salad	One Pan Chicken & Veggies	92 Grams
TUES	Overnight Oats <i>OR</i> Yogurt Parfait	No Lettuce Salad <i>OR</i> Chicken Salad	Salmon Tacos <i>OR</i> Chicken Tacos	87 Grams
WED	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Chicken Salad <i>OR</i> 1-Minute Wrap	Orange Pork Stir-Fry <i>OR</i> Chicken & Chickpea Curry	94 Grams
THURS	Overnight Oats <i>OR</i> Yogurt Parfait	Leftovers <i>OR</i> Mason Jar Salad	Mediterranean Bowls	65 Grams
FRI	Meal Prep Egg Sandwiches <i>OR</i> Cottage Cheese Egg Cups	Chicken Salad <i>OR</i> 1-Minute Wrap	Leftovers	104 Grams
SAT	Protein Pancakes	Leftovers <i>OR</i> Mason Jar Salad	Ricotta Meatballs	92 Grams
SUN	Oatmeal Bake <i>OR</i> Sweet Potato Egg Cups	Leftovers <i>OR</i> Chickpea Greek Salad	Slow Cooker Pulled Pork	85 Grams

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William Shurtleff, Akiko Aoyagi



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Kansas Farmer ,1914 **California Cultivator** ,1906 **History of Soy Flour, Grits and Flakes (510 CE to 2013)**
William Shurtleff,Akiko Aoyagi,2013-12-01 The world s most comprehensive well document and well illustrated book on this subject With extensive index 28 cm *The Country Gentleman* ,1904 **Kiplinger's Personal Finance** ,2002-11 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics **Good Housekeeping** ,1926 Popular Mechanics ,1976 **Co-operative Manager and Farmer** ,1918 The Co-operative Manager and Farmer ,1918 *The Ohio Farmer* ,1922 **Hoard's Dairyman** ,1951 *Progressive Farmer* ,1994 *American Agriculturist* ,1932 The Agricultural Epitomist ,1903

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