

Weekly Meal Planner

walkingonlineworkouts.com / wowzerkitchen.com

Grocery List

	Meal	Walk	Toning	Notes
mon	<u>Sheet Pan Pesto Turkey</u>	<u>Renew in '22</u>	<u>Mermaid Arms</u>	
tue	<u>Egg Roll in a Bowl</u>	<u>New Year, New Music</u>	<u>Standing Abs</u>	
wed	<u>Cheeseburger Casserole</u>	<u>For the Girls</u>	<u>Lower Body Basics</u>	
thu	Slow Cooked Chutney Chicken	<u>Shake</u>	OFF	
fri	<u>Low Carb Cajun Shrimp Bowl</u>	NEW WORKOUT	<u>Chest</u>	
sat	YOUR CHOICE!!!	<u>Freedom</u>	<u>Oceans Stretch</u>	
sun	Meal Prep! Finish Leftovers	OFF	OFF	