



Week 1	Breakfast.	Snack #1	Lunch	Snack #2	Dinner	Dessert
Monday	Parfait: 241cal. 28P. 8F. 15NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Fish tacos: 298cal. 30P. 12F. 15NC	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Chicken Marsala + 1 Cup Steamed Broccoli . Cal: 310. Protein 43, Fat 8, Net Carb 8	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7
Tuesday	Parfait: 241cal. 28P. 8F. 15NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Chicken Marsala + 1 Cup Steamed Broccoli . Cal: 310. Protein 43, Fat 8, Net Carb 8	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Fish tacos: 298cal. 30P. 12F. 15NC	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7
Wednesday	Parfait: 241cal. 28P. 8F. 15NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Fish tacos: 298cal. 30P. 12F. 15NC	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Cumin Rubbed Steak / harissa sweet potatoes. 338cal. 36P. 15F. 13NC.	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7
Thursday	2 egg muffins: 272cal. 24P. 14F. 5 NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Fish tacos: 298cal. 30P. 12F. 15NC	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Chicken Marsala + 1 Cup Steamed Broccoli . Cal: 310. Protein 43, Fat 8, Net Carb 8	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7
Friday	2 egg muffins: 272cal. 24P. 14F. 5 NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Chicken Marsala + 1 Cup Steamed Broccoli . Cal: 310. Protein 43, Fat 8, Net Carb 8	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Cumin Rubbed Steak / harissa sweet potatoes. 338cal. 36P. 15F. 13NC.	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7
Saturday	2 egg muffins: 272cal. 24P. 14F. 5 NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Philly Cheesesteak Stuffed Pepper. Cal 418. Protein 43. Fat 23. Net Carb 12	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Cumin Rubbed Steak / harissa sweet potatoes. 338cal. 36P. 15F. 13NC.	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7



Week 2	Breakfast	Snack #1	Lunch	Snack #2	Dinner	Dessert
Monday	Egg Bake: 337cal. 26P. 24F. 4NC	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	Tamarind Shrimp Stew w/ cauliflower rice: 338 cal. 63P. 5F. 18NC	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal.	BBQ Chicken w/ Pumpkin Cheesey Grits. 329cal. 35P. 14F. 15NC	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
Tuesday	Egg Bake: 337cal. 26P. 24F. 4NC	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	BBQ Chicken w/ Pumpkin Cheesey Grits. 329cal. 35P. 14F. 15NC	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal.	Tamarind Shrimp Stew w/ cauliflower rice: 338 cal. 63P. 5F. 18NC	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
Wednesday	Egg Bake: 337cal. 26P. 24F. 4NC	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	Salmon w/ Fennel Apple Slaw. Cal 475. Protein: 44. Net Carb: 9. Fat:	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal.	KALE PESTO LAMB CHOPS. Cal: 372. Protein 21. Net Carb 5.	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
Thursday	Egg Bake: 337cal. 26P. 24F. 4NC	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	Kale Pesto Lamb Chops. Cal: 372. Protein 21. Net Carb 5. Fat: 31	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal.	Tamarind Shrimp Stew w/ cauliflower rice: 338 cal. 63P. 5F. 18NC	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
Friday	Sweet Potato Pancetta Hash. Cal: 280. Protein: 20. net Carb: 10. Fat 17.	Avacado Mojito Smoothie: 180 Cal. Protein: 14. Net Carb: 10. Fat: 5	Kale Pesto Lamb Chops. Cal: 372. Protein 21. Net Carb 5. Fat: 31	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal. 5P. 7F. 2NC	Salmon w/ Fennel Apple Slaw. Cal 475. Protein: 44. Net Carb: 9. Fat: 28	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
Saturday	Sweet Potato Pancetta Hash. Cal: 280. Protein: 20. net Carb: 10. Fat 17.	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	Salmon w/ Fennel Apple Slaw. Cal 475. Protein: 44. Net Carb: 9. Fat: 28	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal. 5P. 7F. 2NC	BBQ Chicken w/ Pumpkin Cheesey Grits. 329cal. 35P. 14F. 15NC	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
Sunday	Sweet Potato Pancetta Hash. Cal: 280. Protein: 20. net Carb: 10. Fat 17.	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	KALE PESTO LAMB CHOPS. Cal: 372. Protein 21. Net Carb 5. Fat: 31	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal. 5P. 7F. 2NC	Salmon w/ Fennel Apple Slaw. Cal 475. Protein: 44. Net Carb: 9. Fat: 28	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC



Week 3	Breakfast	Snack #1	Lunch	Snack #2	Dinner	Dessert
Monday	Black Eyed Pea Greens Eggs and Ham. Cal: 290. Protein 35. Fat 10. Net Carb 9.	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Tumeric Lamb w/ Cucumber Salad: 315cal. 25P. 21F. 7NC	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Coconut Lemongrass Pork. Cal; 283. Protein 26. Fat 16. Net Carb 9.	Chocolate Almonds: 114cal. 9P. 9F. 3NC
Tuesday	Black Eyed Pea Greens Eggs and Ham. Cal: 290. Protein 35. Fat 10. Net Carb 9.	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Haddock Parmesan w/ Asparagus: Cal: 310. Protein 40. Fat: 24. Net Carb:	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Tumeric Lamb w/ Cucumber Salad: 315cal. 25P. 21F. 7NC	Chocolate Almonds: 114cal. 9P. 9F. 3NC
Wednesday	Black Eyed Pea Greens Eggs and Ham. Cal: 290. Protein 35. Fat 10. Net Carb 9.	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Shaved Brussel Sprout Salad w. Steak. Cal 315. Protein 25. Fat: 22. Net Carb: 6.	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Coconut Lemongrass Pork. Cal; 283. Protein 26. Fat 16. Net Carb 9.	Chocolate Almonds: 114cal. 9P. 9F. 3NC
Thursday	Black Eyed Pea Greens Eggs and Ham. Cal: 290. Protein 35. Fat 10. Net Carb 9.	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Coconut Lemongrass Pork. Cal; 283. Protein 26. Fat 16. Net Carb 9.	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Tumeric Lamb w/ Cucumber Salad: 315cal. 25P. 21F. 7NC	Chocolate Almonds: 114cal. 9P. 9F. 3NC
Friday	Breakfast Burrito: 295cal. 20P. 16F. 13NC	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Tumeric Lamb w/ Cucumber Salad: 315cal. 25P. 21F. 7NC	Honey PB Popcorn Balls. Cal: 165. Protein: 10. Fat: 11. Net Carb: 10	Coconut Lemongrass Pork. Cal; 283. Protein 26. Fat 16. Net Carb 9.	Chocolate Almonds: 114cal. 9P. 9F. 3NC
Saturday	Breakfast Burrito: 295cal. 20P. 16F. 13NC	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Tumeric Lamb w/ Cucumber Salad: 315cal. 25P. 21F. 7NC	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Haddock Parmesan w/ Asparagus: Cal: 310. Protein 40.	Chocolate Almonds: 114cal. 9P. 9F. 3NC
Sunday	Breakfast Burrito: 295cal. 20P. 16F. 13NC	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Shaved Brussel Sprout Salad w. Steak. Cal 315. Protein 25. Fat: 22. Net Carb: 6.	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Haddock Parmesan w/ Asparagus: Cal: 310. Protein 40. Fat: 24. Net Carb:	Chocolate Almonds: 114cal. 9P. 9F. 3NC



Week 4	Breakfast	Snack #1	Lunch	Snack #2	Dinner	Dessert
Monday	Classic Scrambled Eggs. 320. Protein 30. Fat 28. Net Carb 4.	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	Chili. 236Cal. 25P. 13F. 4NC	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	Greek Turkey Meat Loaf, yogurt mint sauce, eggplant. Cal: 330. Protein 32. Fat 17. Net Carb 4.	Pumpkin Mousse. 131cal. 8P. 12F. 1NC
Tuesday	Classic Scrambled Eggs. 320. Protein 30. Fat 28. Net Carb 4.	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	Greek Turkey Meat Loaf, yogurt mint sauce, eggplant. Cal: 330. Protein 32. Fat 17. Net Carb 4.	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	Chicken Florentine Roll Up. Cal: 300. Prtoein 39. Fat 13. Net Carb 4.	Pumpkin Mousse. 131cal. 8P. 12F. 1NC
Wednesday	Classic Scrambled Eggs. 320. Protein 30. Fat 28. Net Carb 4.	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	Chili. 236Cal. 25P. 13F. 4NC	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	Chicken Florentine Roll Up. Cal: 300. Prtoein 39. Fat 13. Net Carb 4.	Pumpkin Mousse. 131cal. 8P. 12F. 1NC
Thursday	Classic Scrambled Eggs. 320. Protein 30. Fat 28. Net Carb 4.	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	orange chicken and broccoli: 280cal. 29P. 13F. 8NC	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	Turkey Black Eyed Pea Chili Verde. Cal: 240. Protien 30. Fat: 10. Net Carb: 10.	Pumpkin Mousse. 131cal. 8P. 12F. 1NC
Friday	Pancetta Basil Egg Muffins. 305cal. 19P. 15F. 2NC	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	Chicken Florentine Roll Up. Cal: 300. Protein 39. Fat 13. Net Carb 4.	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	Collard Wrapped Salmon w/ 1/4 cup dill sauce. Cal 400. Protein 39gm. Fat 24gm. Net Carb 3gm.	Pumpkin Mousse. 131cal. 8P. 12F. 1NC
Saturday	Pancetta Basil Egg Muffins. 305cal. 19P. 15F. 2NC	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	Collard Wrapped Salmon w/ 1/4 cup dill sauce. Cal 400. Protein 389m. Fat 24gm. Net Carb 3gm.	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	orange chicken and broccoli: 280cal. 29P. 13F. 8NC	Pumpkin Mousse. 131cal. 8P. 12F. 1NC



Week 5	Breakfast	Snack #1	Lunch	Snack #2	Dinner	Dessert
Monday	Open Face Egg and Cottage Cheese. Cal 382. Protein 31. Fat 24. Net Carb 9	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Mustard Chicken and Shredded Sprouts. Cal 260. 29P. 12F. 8NC	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Chicken Tikka Masala. Cal 274. Protein 36. Fat 8. Net Carb 10	Instant apple crisp. Cal 172. 6P. 7F. 12NC
Tuesday	Open Face Egg and Cottage Cheese. Cal 382. Protein 31. Fat 24. Net Carb 9	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Mustard Chicken and Shredded Sprouts. Cal 260. 29P. 12F. 8NC	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Chicken Tikka Masala. Cal 274. Protein 36. Fat 8. Net Carb 10	Instant apple crisp. Cal 172. 6P. 7F. 12NC
Wednesday	Open Face Egg and Cottage Cheese. Cal 382. Protein 31. Fat 24. Net Carb 9	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Smoked Paprika Shrimp and Kale. Cal: 241. Protein 41. Fat 11. NC 7.	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Mustard Chicken and Shredded Sprouts. Cal 260. 29P. 12F. 8NC	Instant apple crisp. Cal 172. 6P. 7F. 12NC
Thursday	Open Face Egg and Cottage Cheese. Cal 382. Protein 31. Fat 24. Net Carb 9	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Chicken Tikka Masala. Cal 274. Protein 36. Fat 8. Net Carb 10	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Steak w/ Chimichurri Sauce. Cal 408. Protein 36. Fat 27. Net Carb 10.	Instant apple crisp. Cal 172. 6P. 7F. 12NC
Friday	Cauliflower Egg Fritter with "sour cream" Cal 274. Protein- 24. Fat 13. Net Carb 7.	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Smoked Paprika Shrimp and Kale. Cal: 241. Protein 41. Fat 11. NC 7.	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Mustard Chicken and Shredded Sprouts. Cal 260. 29P. 12F. 8NC	Instant apple crisp. Cal 172. 6P. 7F. 12NC
Saturday	Cauliflower Egg Fritter with "sour cream" Cal 274. Protein- 24. Fat 13. Net Carb 7.	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Mustard Chicken and Shredded Sprouts. Cal 260. 29P. 12F. 8NC	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Steak w/ Chimichurri Sauce. Cal 408. Protein 36. Fat 27. Net Carb 10.	Instant apple crisp. Cal 172. 6P. 7F. 12NC
Sunday	Cauliflower Egg Fritter with "sour cream" Cal 274. Protein- 24. Fat 13. Net Carb 7.	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Smoked Paprika Shrimp and Kale. Cal: 241. Protein 41. Fat 11. NC 7.	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Steak w/ Chimichurri Sauce. Cal 408. Protein 36. Fat 27. Net Carb 10.	Instant apple crisp. Cal 172. 6P. 7F. 12NC



Week 6	Breakfast	Snack #1	Lunch	Snack #2	Dinner	Dessert
Monday	Egg Frittata. 285cal. 26P. 15F. 8NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Pistachio Lemon Grass Crusted Mahi Mahi. + Asparagus. Cal; 310. Protein 40. Fat 13. net Carb 5.	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Lemon Tarragon Chicken w/ Zucchini Ribbons. Cal 290. Protein 33. Fat 11. Net Carb 7.	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
Tuesday	Egg Frittata. 285cal. 26P. 15F. 8NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Pistachio Lemon Grass Crusted Mahi Mahi. + Asparagus. Cal; 310. Protein 40. Fat 13. net Carb 5.	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Lemon Tarragon Chicken w/ Zucchini Ribbons. Cal 290. Protein 33. Fat 11. Net Carb 7.	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
Wednesday	Egg Frittata. 285cal. 26P. 15F. 8NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Shrimp Pistachio Mint Salad- Cal 240. Protien 36. Fat12. Net Carb:7.	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Lamb Chops with Mint Pea Sauce. Cal 280. Protein 31. Fat 11. Net	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
Thursday	Egg Frittata. 285cal. 26P. 15F. 8NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Lamb Chops with Mint Pea Sauce. Cal 280. Protein 31. Fat 11. Net Carb 9	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Pistachio Lemon Grass Crusted Mahi Mahi. + Asparagus. Cal; 310. Protein 40. Fat 13. net Carb 5.	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
Friday	Smoked Salmon Cucumber bites. 285cal. 27P. 16F. 2NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Lamb Chops with Mint Pea Sauce. Cal 280. Protein 31. Fat 11. Net Carb 9	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Lemon Tarragon Chicken w/ Zucchini Ribbons. Cal 290. Protein 33. Fat 11. Net	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
Saturday	Smoked Salmon Cucumber bites. 285cal. 27P. 16F. 2NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Lemon Tarragon Chicken w/ Zucchini Ribbons. Cal 290. Protein 33. Fat 11. Net	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Shrimp Pistachio Mint Salad- Cal 240. Protien 36. Fat12. Net Carb:7.	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
Sunday	Smoked Salmon Cucumber bites. 285cal. 27P. 16F. 2NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Lamb Chops with Mint Pea Sauce. Cal 280. Protein 31. Fat 11. Net	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Shrimp Pistachio Mint Salad- Cal 240. Protien 36. Fat12. Net Carb:7.	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8