BREAKFAST

Vegetable Scramble with Sausage

Egg, Bell Pepper, Onion, Sausage, Spinach, Potato / Squash

LUNCH

Herb Chicken Salad

Lettuce, Chicken, Onion, Tomato, Cucumber, Carrot, Dressing, Oregano, Rosemary

DINNER

Salt & Pepper Pork

Pork, Onion, Green Onion, Bell Pepper, Carrot, Spinach, Quinoa / Squash or Cauli

TUESDAY

BREAKFAST

Scrambled Eggs & Bacon

Egg, Bacon, Spinach, Quinoa / Cauli **Rice or Squash**

LUNCH

Mashed Bowl Potato / Squash or Cauli, Chicken, Spinach, Mushroom, Onion, Brown Gravy

Grilled Steak

Olive, Lemon, Vinaigrette

DINNER

Spaghetti Bolognese with Zucchini

Ground Beef, Spaghetti Squash, Tomato Sauce, Spinach, Onion, Zucchini

Mongolian Chicken with Roasted Vegetables

Chicken, Coconut Amino, Ginger, Chili Flake, Quinoa / Cauli Rice or Squash, **Roasted Vegetables**



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WEDNESDAY

Breakfast Sandwich Almond Bun, Egg, Bacon, Spinach, Fruit

BREAKFAST

LUNCH

Greek Salad with Beef, Lettuce, Onion, Tomato, Cucumber,

THURSDAY

BREAKFAST

Classic Pancakes with Fruit

Coconut Flour, Almond Flour, Salt, Sweet Potato Starch, Vanilla, Maple Syrup, Fruit

FRIDAY

BREAKFAST

Shakshuka Eggs

Egg, Crushed Tomato, Bacon, Onion, Cumin, Spinach, Potato or Squash

LUNCH

Shrimp Stir Fry

Shrimp, Sesame Oil, Carrot, Onion, Coconut Amino, Bell Pepper, Kale, Cabbage, Potato / Squash or Cauli

LUNCH

Tuna Patty Salad Tuna, Lettuce, Mayo, Carrot, Onion, Tomato, Lemon, Wasabi

DINNER

DINNER

Lemon-Buttered Fish with Side Salad

Fish, Lemon, Quinoa / Cauli, Butter, Lettuce, Carrot, Onion, Cucumber, Dressing

DINNER

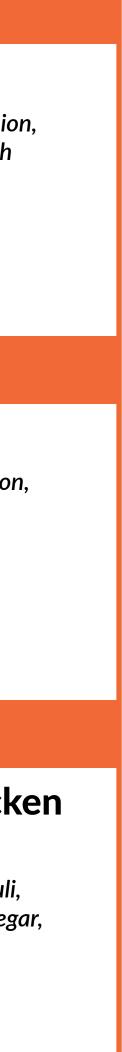
Roasted Fiesta Chicken with Cabbage Slaw

Chicken, Quinoa / Squash or Cauli, Coconut Amino, Apple Cider Vinegar, Cabbage, Onion, Cucumber

ORGANIC & NATURAL **REFINED SUGAR**

PRESERVATIVE FREE

GMO FREE





BREAKFAST

Sweet Potato & Sausage Hash

Sweet Potato, Breakfast Sausage, Onion Egg, Spinach

LUNCH

Tuna Salad with Wasabi Mayo

Tuna, Mayo, Lettuce, Tomato, Onion Cucumber, Wasabi, Lemon

DINNER

Roasted Chipotle Chicken

Chicken, Chipotle Pepper, Potatoe / Squash or Cauli, Roasted Vegetables, **Onion**, Cilantro

TUESDAY

BREAKFAST

Breakfast Burrito Bowl

Egg, Bacon, Potato / Squash, Spinach, Tomato, Onion, Cilantro, Lime

LUNCH

Boka Chili with Squash

Ground Beef, Tomato Sauce, Tomato Paste, Bell Pepper, Cumin, Chipotle Powder, Kabocha Squash, Spinach / Kale

DINNER

Lemon Pepper Chicken with Side Salad

Chicken, Lemon Pepper, Lemon, Quinoa / Squash or Cauli, Lettuce, Onion, Carrot, Tomato, Dressing

BREAKFAST

Protein Packed Breakfast

Cauli Rice

Baked Miso Fish with Roasted Vegetables

Fish, Miso, Coconut Amino, Green Onion, Quinoa or Cauli Rice, Zucchini, Brussel, Onion





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WEDNESDAY

Egg, Chicken Sausage, Spinach, Quinoa /

LUNCH

Mediterranean-Style Shrimp & Quinoa Salad

Quinoa, Shimp, Spinach, Tomato, Onion, Bell Pepper, Cucumber, Lemon

THURSDAY

BREAKFAST

Cinnamon Pancakes with Bacon

Egg, Coconut Flour, Almond Flour, Salt, Sweet Potato Starch, Vanilla, Maple Syrup, Cinnamon, Protein

FRIDAY

BREAKFAST

Irish Breakfast Bowl

Egg, Chicken Sausage, Tomato, Spinach, Mushroom, Sweet Potato or Squash

LUNCH

Chicken Fajita Bowl

Chicken, Bell Pepper, Onion, Garlic, Mushroom, Spinach, Potato / Squash or Cauli

LUNCH

Chicken Keleguen Salad

Lettuce, Chicken, Lemon, Onion, Chili Pepper, Cucumber, Carrot, Vinaigrette,

DINNER

DINNER

Pork Marsala with **Roasted Vegetables**

Pork, Mushroom, Stock, Marsala Wine, Oregano, Parsley, Quinoa / Squash or Cauli

DINNER

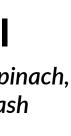
Fish Tinaktak

Fish, Coconut Milk, Spinach, Tomato, Eggplant, Lemon, Stringed Bean, Quinoa / Squash or Cauli

ORGANIC & NATURAL **REFINED SUGAR**

PRESERVATIVE FREE

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BREAKFAST

Tomato & Mushroom Panlette

Egg, Tomato, Mushroom, Spinach, Onion

LUNCH

Shepherd's Pie

Ground Beef, Tomato Sauce, Carrot, Onion, Spinach, Potato / Squash or Cauli

DINNER

Cajun Chicken with **Roasted Vegetables**

Chicken, Cajun Spice, Quinoa / Squash or Cauli, Roasted Vegetablest

TUESDAY

BREAKFAST

Pesto Eggs & Sausage

Egg, Sausage, Basil, Walnut, Garlic, Olive Oil

LUNCH

Beef Japchae Noodle Salad

Sweet Potato Noodle, Beef, Carrot, Onion, Garlic, Bell Pepper, Mushroom, Coconut Amino, Sesame Oil

DINNER

Furikake Crusted Fish

Fish, Furikake Seasoning, Quinoa / Squash or Cauli, Zucchini, Roasted Vegetables

WEDNESDAY

Eggs Benedict

Potato / Squash or Cauli, Egg, Spinach, Canadian Bacon, Lemon, Paprika

tAlmond

Beef Stew

or Cauli



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BREAKFAST

LUNCH

Shrimp Crunch Salad

Shrimp, Lettuce, Cucumber, Onion, Cabbage, Tomato, Green Onion, Dressing,

THURSDAY

BREAKFAST

Blueberry Lemon Pancakes with Fruit

Egg, Coconut Flour, Almond Flour, Salt, Sweet Potato Starch, Vanilla, Blueberrym Lemon, Maple Syrup, Fruit

LUNCH

Sesame Beef with Squash

Ground Beef, Spinach / Kale, Onion, Chili Flake, Sesame Oil, Squash

FRIDAY

BREAKFAST

Fried Rice

Quinoa / Cauli Rice / Brown Rice, Egg, Bacon, Spinach, Bell Pepper, Carrot, Onion, Coconut Amino

LUNCH

Cobb Salad with Chicken Sausage

Lettuce, Chicken, Bacon, Tomato, Egg, Cucumber, Onion, Dressing

DINNER

Beef, Stock, Tomato Sauce, Celery, Carrot, Onion, Spinach, Potato / Squash

DINNER

Pork Stir Fry with Vegetables

Pork, Bell Pepper, Cabbage, Onion, Carrot, Coconut Amino, Broccoli, Quinoa / Squash or Cauli

DINNER

Hickory BBQ Chicken

Chicken, Hickory BBQ Sauce, Tomato Sauce, Coconut Amino, Sweet Potato, Lettuce, Bell Pepper, Onion, Carrot

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BREAKFAST

Taco Panlette

Egg, Tomato, Ground Beef, Tomato, Spinach, Cilantro

LUNCH

Chicken Caesar Salad

Lettuce, Chicken, Almond Bread Crouton, Onion, Cucumber, Tomato, Dressing

DINNER

Tuna Alfredo with Roasted Vegetables

Tuna, Coconut Milk, Bacon, Onion, Mushroom, Spinach, Roasted Vegetable, Sweet Potato Noodle

TUESDAY

BREAKFAST

Sausage Eggs & Quinoa

Sausage, Egg, Quinoa or Cauli Rice

WEDNESDAY

BREAKFAST

Spinach Mushroom Panlette

Egg, Spinach, Mushroom, Bacon

LUNCH

Thai Shrimp Curry

Shrimp, Coconut Milk, Curry Paste, Bell Pepper, Onion, Eggplant, Spinach, Squash

DINNER

Loco Moco with Side Salad

Ground Beef, Mushroom, Onion, Stock, Quinoa / Squash or Cauli, Lettuce, Tomato, Cucumber, Carrot, Dressing

Slaw

or Cauli





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LUNCH

Kale Summer Salad

Kale, Chicken, Tomato, Radddish, Onion, Cucumber, Walnut, Strawberry Vinaigrette

THURSDAY

BREAKFAST

Banana Pancake

Boconut Flour, Almond Flour, Salt, Sweet Potato Starch, Vanilla, Maple Syrup, Fruitt

LUNCH

Baked Miso Fish Bowl

Fish, Miso, Kale, Spinach, Carrot, Onion, Ginger, Green Onion, Quinoa / Cauli

LUNCH

Chicken & Pecan Salad

Chicken, Lettuce, Pecan, Onion, Tomato, Apple, Cranberry, tDressing,

DINNER

Kalbi-Steak with Kimchi

Steak, Coconut Amino, Kimchi, Cucumber, Onion, Cabbage, Carrot, Quinoa / Squash

DINNER

Cream of Mushroom Chicken with Side Salad

Chicken, Mushroom, Onion, Potato / Squash, Lettuce, Carrot, Onion, Dressing

DINNER

Smoked Pork with Håggan Suni

Pork, Spinach, Coconut Milk, Achote, *Quinoa / Squash or Cauli, Liquid Smoke*

ORGANIC & NATURAL

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FRIDAY

BREAKFAST

Tenbat Breakfast Bowl

Egg, Bacon, Onion, Spinach, Sweet Potato or Squash



