

MONDAY

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

DINNER

Spaghetti Bolognese with Zucchini

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

WEDNESDAY

BREAKFAST

Breakfast Sandwich

Almond Bun, Egg, Bacon, Spinach, Fruit

LUNCH

Greek Salad with Grilled Steak

Beef, Lettuce, Onion, Tomato, Cucumber, Olive, Lemon, Vinaigrette

DINNER

Mongolian Chicken with Roasted Vegetables

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

THURSDAY

BREAKFAST

Classic Pancakes with Fruit

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

LUNCH

Shrimp Stir Fry

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

DINNER

Lemon-Buttered Fish with Side Salad

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

FRIDAY

BREAKFAST

Shakshuka Eggs

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

LUNCH

Tuna Patty Salad

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

DINNER

Roasted Fiesta Chicken with Cabbage Slaw

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

MONDAY

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

WEDNESDAY

BREAKFAST

Protein Packed Breakfast

Egg, Chicken Sausage, Spinach, Quinoa /
Cauli Rice

LUNCH

Mediterranean-Style Shrimp & Quinoa Salad

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

DINNER

Baked Miso Fish with Roasted Vegetables

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

THURSDAY

BREAKFAST

Cinnamon Pancakes with Bacon

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

LUNCH

Chicken Fajita Bowl

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

DINNER

Pork Marsala with Roasted Vegetables

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

FRIDAY

BREAKFAST

Irish Breakfast Bowl

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

LUNCH

Chicken Keleguen Salad

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

DINNER

Fish Tinaktak

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

MONDAY

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

BREAKFAST

Eggs Benedict

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

LUNCH

Shrimp Crunch Salad

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

DINNER

Beef Stew

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

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

DINNER

Pork Stir Fry with Vegetables

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

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

Hickory BBQ Chicken

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

MONDAY

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

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

WEDNESDAY

BREAKFAST

Spinach Mushroom Panlette

Egg, Spinach, Mushroom, Bacon

LUNCH

Kale Summer Salad

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

DINNER

Kalbi-Steak with Kimchi Slaw

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

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

DINNER

Cream of Mushroom Chicken with Side Salad

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

FRIDAY

BREAKFAST

Tenbat Breakfast Bowl

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

LUNCH

Chicken & Pecan Salad

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

DINNER

Smoked Pork with Håggan Suni

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