

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>BREAKFAST</div> <div> Breakfast Hash <i>Egg, Bell Pepper, Onion, Bacon, Spinach, Potato or Squash</i> </div>	<div>BREAKFAST</div> <div> Chia Seed Pudding <i>Chia Seed, Coconut Milk, Vanilla, Agave Nectar or Erythritol Sugar, Blueberry, Strawberry, Banana, Almond, Shredded Coconut</i> </div>	<div>BREAKFAST</div> <div> Mushroom, Tomato, & Spinach Panlette <i>Egg, Mushroom, Tomato, Spinach, Onion</i> </div>	<div>BREAKFAST</div> <div> Classic Pancakes with Fruit <i>Egg, Coconut Flour, Almond Flour, Salt, Sweet Potato Starch, Vanilla, Maple Syrup, Fruit</i> </div>	<div>BREAKFAST</div> <div> Breakfast Sandwich with Fruit <i>Egg, Sweet Potato Flour, Coconut Flour, Turkey, Spinach, Fruit</i> </div>
<div>LUNCH</div> <div> Greek Salad <i>Lettuce, Chicken, Onion, Tomato, Cucumber, Olive, Feta, Lemon Vinaigrette, Olive Oil</i> </div>	<div>LUNCH</div> <div> Boka's Kabocha Chili <i>Ground Beef, Tomato Sauce, Kale, Spinach, Onion, Garlic, Bell Pepper, Kabocha Squash</i> </div>	<div>LUNCH</div> <div> Bibimbap <i>Quinoa or Cauli Rice, Lettuce, Ground Beef, Kimchee, Carrot, Mushroom, Bell Pepper, Gochujang</i> </div>	<div>LUNCH</div> <div> Steak Fajita Bowl <i>Steak, Bell Pepper, Onion, Garlic, Spinach, Potato or Squash</i> </div>	<div>LUNCH</div> <div> Chicken Keleguen Salad <i>Chicken, Lettuce, Carrot, Lemon, Tomato, Onion, Cucumber, Donne Pepper, Shredded Coconut</i> </div>
<div>DINNER</div> <div> Meat Loaf with Gravy Dinner <i>Ground Beef, Broccoli, Onion, Garlic, Beef Stock, Egg, Potato or Squash</i> </div>	<div>DINNER</div> <div> Murgh Kari (Indian Chicken Curry) with Roasted Veggies <i>Chicken, Coconut Milk, Curry Powder, Cumin, Spinach, Bell Pepper, Broccoli, Carrot, Cilantro, Quinoa or Cauli Rice</i> </div>	<div>DINNER</div> <div> Glazed Pork with Sesame Cabbage Slaw <i>Pork, Coconut Amino, Ginger, Onion, Garlic, Cabbage, Carrot, Sesame Seed, Quinoa or Cauli Rice, Green Onion</i> </div>	<div>DINNER</div> <div> Shrimp Stir Fry <i>Shrimp, Bell Pepper, Cabbage, Onion, Carrot, Broccoli, Celery, Coconut Amino, Quinoa or Cauli Rice</i> </div>	<div>DINNER</div> <div> Fish Tinaktak <i>Fish, Coconut Milk, Kale, Spinach, Eggplant, Onion, Tomato, Lemon, String Bean</i> </div>

MONDAY

BREAKFAST

Sausage & Veggie
Scramble with Potato

Egg, Bacon, Potato or Squash, Spinach,
Carrot, Tomato, Onion,

LUNCH

Mandarin Chicken Salad

Chicken, Lettuce, Onion, Tomato, Carrot,
Cucumber, Mandarin, Coconut Amino
Dressing, Almond

DINNER

Beef Stew with
Roasted Veggies

Grassfed Beef, Onion, Carrot, Kale,
Tomato, Rosemary, Beef Stock, Potato,
Carrot, Garlic, Celery, Coconut Amino

TUESDAY

BREAKFAST

Chicken Sausage & Eggs

Egg, Chicken Sausage, Spinach, Quinoa
or Cauli Rice

LUNCH

Shrimp Fattouch Salad

Lettuce, Shrimp, Tomato, Cucumber,
Onion, Mint, Coconut Wrap Chips,
Lemon, Olive Oil

DINNER

Spaghetti Bolognese
with Roasted Veggies

Spaghetti Squash, Ground Beef, Tomato
Sauce, Onion, Garlic, Broccoli, Zucchini,
Bell Pepper

WEDNESDAY

BREAKFAST

Tex Mex Bowl

Egg, Chorizo, Tomato, Onion, Cilantro,
Potato or Squash

LUNCH

Tuna Sandwich & Fruit

Tuna, Mayo, Cucumber, Lettuce, Red
Onion, Keto Almond Bread, Fruit

DINNER

Kung Pao Chicken
with Side Salad

Chicken, Bell Pepper, Zucchini, Onion,
Carrot, Lettuce, Ranch Dressing, Red
Pepper Flakes, Nut

THURSDAY

BREAKFAST

Tiramisu Pancakes
with Bacon

Egg, Coconut Flour, Almond Flour, Salt,
Sweet Potato Starch, Vanilla, Maple Syrup,
Coffee, Cocoa Powder, Bacon, Coconut
Milk

LUNCH

Shepherd's Pie

Ground Beef, Squash or Potato, Tomato
Sauce, Bell Pepper, Spinach, Onion,
Garlic, Carrot, Rosemary

DINNER

Fiesta Chicken with
Cucumber Salad

Chicken, Coconut Amino, Apple Cider
Vinegar, Onion, Cucumber, Onion,
Tomato, Quinoa or Cauli Rice

FRIDAY

BREAKFAST

Breakfast Scone
with Fruit

Egg, Coconut Flour, Almond Flour, Salt,
Baking Powder, Bacon, Egg, Chive, Fruit

LUNCH

Spicy Beef with
Kabocha Squash

Ground Beef, Squash, Kale, Onion, Garlic,
Sesame Seed, Red Pepper Flake, Sesame
Oil

DINNER

Ham Hock with Greens

Pork, Kale, Spinach, Kale, Coconut Milk,
Onion, Quinoa or Cauli Rice, Achiot