

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>BREAKFAST</div> <div>Vegetable Panlette with Fruit <i>Egg, Bell Pepper, Carrot, Onion, Broccoli Spinach, Fruit</i></div>	<div>BREAKFAST</div> <div>Shakshuka Eggs with Hash <i>Egg, Tomato Sauce, Cumin, Chili Powder, Onion, Bell Pepper, Cilantro, Potato or Squash</i></div>	<div>BREAKFAST</div> <div>Cinnamon Swirl Pancakes with Sausage <i>Egg, Coconut Flour, Almond Flour, Salt, Sweet Potato Starch, Vanilla, Maple Syrup, Cinnamon, Breakfast Sausage</i></div>	<div>BREAKFAST</div> <div>Tomato & Spinach Panlette with Bacon <i>Egg, Tomato, Spinach, Onion, Bacon</i></div>	<div>BREAKFAST</div> <div>Denver Scramble <i>Egg, Ham, Spinach, Mushroom, Bell Pepper, Tomato, Sweet Potato or Squash</i></div>
<div>LUNCH</div> <div>Chef's Salad <i>Ham, Bacon, Lettuce, Cucumber, Tomato, Egg, Coconut Milk, Mayo, Dill</i></div>	<div>LUNCH</div> <div>Baked Tuna Patty with Wasabi Mayo <i>Tuna, Mayo, Quinoa, Broccoli, Wasabi</i></div>	<div>LUNCH</div> <div>Citrus Summer Salad <i>Lettuce, Chicken, Orange, Grapefruit, Pomegranate, Lemon, Tomato, Onion, Apple Cider Vinegar, Olive Oil</i></div>	<div>LUNCH</div> <div>Roasted Italian Herbed Chicken & Vegetables <i>Chicken, Onion, Carrot, Broccoli, Potato or Squash, Fennel, Olive Oil</i></div>	<div>LUNCH</div> <div>Lemon & Tahini Kale Salad <i>Kale, Chicken, Tahini, Lemon, Red Wine Vinegar, Olive Oil, Cranberry, Almond, Quinoa</i></div>
<div>DINNER</div> <div>Grilled Chicken Katsu with Cabbage Slaw <i>Chicken, Katsu Sauce, Cabbage, Carrot, Mayo, Cucumber, Quinoa</i></div>	<div>DINNER</div> <div>Boka Mac Burger Bowl <i>Ground Beef, Lettuce, Tomato, Pickle, Onion, Ketchup, Mustard, Mayo, Potato or Squash</i></div>	<div>DINNER</div> <div>Mushroom Alfredo with Spaghetti Squash <i>Spaghetti Squash, Coconut Milk, Mushroom, Bacon, Onion, Shrimp, Broccoli, Bell Pepper, Carrot</i></div>	<div>DINNER</div> <div>Steak Dinner <i>Grassfed Beef, Sweet Potato, Lettuce, Carrot, Tomato, Onion</i></div>	<div>DINNER</div> <div>Roasted Pork Loin with Hågun Suni <i>Pork Loin, Quinoa, Spinach, Coconut Milk</i></div>

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<div>BREAKFAST</div> <div> Bacon & Eggs <i>Egg, Bacon, Potato or Squash</i> </div>	<div>BREAKFAST</div> <div> Vegetable Panlette with Bacon <i>Egg, Bell Pepper, Carrot, Onion, Broccoli Spinach, Bacon</i> </div>	<div>BREAKFAST</div> <div> Blueberry Pancakes with Fruit <i>Egg, Coconut Flour, Almond Flour, Salt, Sweet Potato Starch, Vanilla, Blueberry, Maple Syrup</i> </div>	<div>BREAKFAST</div> <div> Boka Fried Rice <i>Quinoa/Brown Rice/Cauliflower, Egg, Bacon, Bell Pepper, Spinach, Coconut Amino, Corriander, Onion</i> </div>	<div>BREAKFAST</div> <div> Stuffed Bell Pepper with Bacon Scramble <i>Egg, Bell Pepper, Bacon, Spinach</i> </div>
<div>LUNCH</div> <div> Cobb Salad <i>Chicken, Lettuce, Egg, Tomato, Bacon, Red Wine Vinegar, Dijon Mustard</i> </div>	<div>LUNCH</div> <div> Buffalo Chicken with Vegetable Sticks <i>Chicken, Buffalo Sauce, Celery, Carrot, Potato or Cauliflower, Coconut Milk, Mayo, Lemon Juice, Dill</i> </div>	<div>LUNCH</div> <div> Chicken Pad Thai <i>Chicken, Pad Thai Sauce, Bean Sprouts, Cilantro, Spaghetti Squash, Bell Pepper, Onion</i> </div>	<div>LUNCH</div> <div> Cranberry Chicken & Broccoli Salad <i>Broccoli, Chicken, Cranberry, Walnut, Mayo, Lemon Juice, Mustard</i> </div>	<div>LUNCH</div> <div> Sriracha Shrimp & Broccoli Bowl <i>Shrimp, Broccoli, Sriracha, Quinoa, Onion, Bell Pepper</i> </div>
<div>DINNER</div> <div> Pot Roast with Mash & Steamed Vegetables <i>Grassfed Beef, Potato or Squash, Carrot, Broccoli, Onion, Coconut Amino</i> </div>	<div>DINNER</div> <div> Lemongrass Chicken <i>Chicken, Lemongrass, Quinoa, Broccoli, Carrot, Bell Pepper, Onion, Fish Sauce</i> </div>	<div>DINNER</div> <div> Baked Pork Chops with Side Salad <i>Spaghetti Squash, Coconut Milk, Mushroom, Bacon, Onion, Shrimp, Broccoli, Bell Pepper, Carrot</i> </div>	<div>DINNER</div> <div> Coconut Lime Curry with Salmon <i>Coconut Milk, Salmon, Curry Seasoning, Lime, Quinoa, Bell Pepper, Broccoli, Kale, Carrot, Cilantro</i> </div>	<div>DINNER</div> <div> Chicken Chalakiles with Brussel Sprouts <i>Chicken, Ginger, Achote, Coconut Milk, Brussel Sprouts, Onion, Kale</i> </div>