

MONDAY

BREAKFAST

Vegetable Scramble with Sausage

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

LUNCH

Fish Taco Bowl

Lettuce, Fish, Onion, Tomato, Cilantro, Garlic, Lemon, Almond Chip, Pickled Red Onion

DINNER

Italian Roasted Chicken & Vegetables

Chicken, Potato or Squash, Carrot, Onion, Zucchini, Bell Pepper, Broccoli

TUESDAY

BREAKFAST

Scrambled Eggs & Bacon

Egg, Bacon, Spinach, Potatoe or Squash

LUNCH

Buffalo Chicken & Veggie Sticks

Chicken, Buffalo Sauce, Coconut Milk, Celery, Carrot, Cucumber

DINNER

Deconstructed Burger Box

Ground Beef, Potato or Squash, Lettuce, Onion, Tomato, Pickle, Mayo, Mustard, Ketchup

WEDNESDAY

BREAKFAST

Breakfast Sandwich

Almond Bun, Egg, Bacon, Spinach, Fruit

LUNCH

Thai Beef Salad

Beef, Lettuce, Onion, Tomato, Cucumber, Thai Basil, Fish Sauce, Lemongrass, Chili Pepper

DINNER

Shrimp Alfredo with Roasted Vegetables

Shrimp, Spaghetti Squash, Coconut Milk, Almond Milk, Mushroom, Broccoli, Bell Pepper, Brussel Sprout

THURSDAY

BREAKFAST

Classic Pancakes with Fruit

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

LUNCH

Sesame Beef Stir Fry

Ground Beef, Sesame Oil, Carrot, Onion, Coconut Amino, Bell Pepper, Kale, Quinoa or Cauli Rice

DINNER

Japanese-Style Chicken Curry

Chicken, Curry Powder, Carrot, Onion, Bell Pepper, Broccoli, Spinach, Potato or Squash

FRIDAY

BREAKFAST

Shakshuka Eggs

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

LUNCH

Spicy Mayo Salmon with Kale Salad

Kale, Salmon, Mayo, Cucumber, Red Onion, Cabbage, Lemon, Olive Oil

DINNER

Grilled Pork with Stir Fried Vegetables

Pork, Carrot, Onion, Cabbage, Bell Pepper, Bok Choy, Quinoa or Cauli Rice

MONDAY

BREAKFAST

Sweet Potato & Sausage Hash

Sweet Potato, Breakfast Sausage, Onion
Egg, Spinach

LUNCH

Shrimp Caesar Salad

Lettuce, Shrimp, Almond Flour Crouton,
Onion, Tomato, Anchovy, Mayo, Lemon,
Coconut Milk

DINNER

Chicken Parmesan with Roasted Vegetables

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

TUESDAY

BREAKFAST

Chia Seed Pudding

Chia Seed, Coconut Milk, Shredded
Coconut, Vanilla, Nut, Fruit

LUNCH

Pork Pancit Bowl

Sweet Potato Noodle, Pork, Cabbage,
Onion, Carrot, Celery, Garlic, Kale,
Fish Sauce, Coconut Amino

DINNER

Black Pepper Steak Stir Fry

Steak, Mushroom, Broccoli, Bell Pepper,
Onion, Coconut Amino, Quinoa or Cauli
Rice

WEDNESDAY

BREAKFAST

Protein Packed Breakfast

Egg, Turkey, Spinach, Quinoa or Cauli Rice,
Lemon

LUNCH

BLT Salad

Lettuce, Tomato, Bacon, Cucumber, Onion,
Carrot, Egg, Coconut Milk, Mayo, Lemon

DINNER

Lemon Pepper Fish with Roasted Vegetables

Fish, Lemon Pepper, Lemon, Brussel
Sprout, Onion, Broccoli, Quinoa or
Cauli Rice

THURSDAY

BREAKFAST

Cinnamon Pancakes with Bacon

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

LUNCH

Tuna Bake Bowl

Tuna, Quinoa or Cauli Rice, Broccoli,
Carrot, Furikake, Mayo

DINNER

Pulled Pork with Cabbage Slaw

Pork, BBQ Sauce, Sweet Potato or Squash,
Cabbage, Onion, Carrot, Mayo, Lemon

FRIDAY

BREAKFAST

Irish Breakfast Bowl

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

LUNCH

Buddha Bowl

Quinoa, Chicken, Bell Pepper, Onion,
Cucumber, Tomato, Raddish, Spinach,
Olive Oil, Cashew, Lemon, Shallot, Green
Onion, Garlic, Basil

DINNER

Chicken Adobo

Chicken, Coconut Amino, Onion, Garlic,
Apple Cider Vinegar, Bay Leaf, Potato
or Squash, Carrot

MONDAY

BREAKFAST

Tomato & Mushroom Panlette

Egg, Tomato, Mushroom, Spinach, Onion

LUNCH

Chicken & Beet Salad

Kale, Chicken, Beet, Lemon, Bacon, Onion, Cucumber, Olive Oil

DINNER

Roasted Pork with Mash and Mushroom Gravy

Pork, Mushroom, Coconut Milk, Almond Milk, Potato or Squash, Broccoli

TUESDAY

BREAKFAST

Stuffed Bell Peppers

Bell Pepper, Egg, Spinach, Breakfast Sausage

LUNCH

Fish & Chips with Cabbage Slaw

Fish, Potato or Carrot, Cabbage, Onion, Mustard, Apple Cider Vinegar

DINNER

Salisbury Steak

Ground Beef, Onion, Mushroom, Thyme, Coconut Milk, Quinoa or Cauli Rice, Lettuce, Carrot, Onion, Olive Oil, Apple Cider Vinegar

WEDNESDAY

BREAKFAST

Eggs Benedict

Almond Bun, Egg, Spinach, Canadian Bacon, Lemon

LUNCH

Greek Shrimp Salad

Lettuce, Shrimp, Tomato, Olive, Cucumber, Onion, Lemon, Olive Oil

DINNER

Yakitori-Style Chicken

Chicken, Coconut Amino, Sesame Oil, Green Onion, Cucumber, Red Onion, Quinoa or Cauli Rice

THURSDAY

BREAKFAST

Blueberry Lemon Pancakes with Fruit

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

LUNCH

Beef Shawarma Salad

Ground Beef, Lettuce, Tomato, Bell Pepper, Red Onion, Cucumber, Mayo, Lemon, Dill, Mint

DINNER

Chicken Puttanesca with Spaghetti Squash

Chicken, Tomato Sauce, Tomato Paste, Olive, Anchovy, Spaghetti Squash, Capers, Lemon

FRIDAY

BREAKFAST

Fried Rice

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

LUNCH

Bisteak

Beef, Kale, Bell Pepper, Onion, Potato or Squash

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 Cacciatore

Chicken, Tomato Sauce, Crushed Tomato, Olive, Mushroom, Spinach, Bell Pepper, Red Wine

DINNER

Honey-Soy Glazed Pork with Kabocha Mash

Pork, Kabocha, Coconut Amino, Honey, Broccoli, Cauliflower, Sesame Oil, Garlic

TUESDAY

BREAKFAST

Sausage Eggs & Quinoa

Sausage, Egg, Quinoa or Cauli Rice

LUNCH

Beef & Broccoli Bowl

Beef, Broccoli, Mushroom, Coconut Amino, Bell Pepper, Onion, Carrot, Sesame Seed

DINNER

Baked Miso Salmon with Roasted Vegetables

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

WEDNESDAY

BREAKFAST

Spinach Mushroom Panlette

Egg, Spinach, Mushroom, Bacon

LUNCH

Pesto Shrimp Spaghetti

Shrimp, Basil, Olive Oil, Nut, Spaghetti Squash, Zucchini

DINNER

Chicken Enchiladas

Chicken, Quinoa or Cauli Rice, Tomato Sauce, Red Onion, Cilantro, Bell Pepper, Lemon

THURSDAY

BREAKFAST

Banana Pancake

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

LUNCH

Chicken Casserole

Chicken, Celery, Carrot, Bacon, Leek, Bacon, Lemon, Potato or Squash

DINNER

Rosemary Grilled Steak with Roasted Vegetables

Beef, Rosemary, Quinoa or Cauli Rice, Bell Pepper, Brussel Sprout, Onion

FRIDAY

BREAKFAST

Tenbat Breakfast Bowl

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

LUNCH

Chicken Chalakilis

Chicken, Coconut Milk, Chicken Broth, Onion, Achote, Quinoa or Cauli Rice

DINNER

Meatloaf with Mash, Vetables, and Gravy

Ground Beef, Egg, Bell Pepper, Carrot, Onion, Potato or Squash, Broccoli