

8 SUN

9 MON

10 TUES

*** = MAKES LEFTOVERS**
△ = USES LEFTOVERS

BREAKFAST:
Baked Eggs with Sweet Potatoes△
PREP:
Infused Lemon Juice
LUNCH:
White Bean Salad *
SNACK:
Blueberries & Pistachios
DINNER:
Pork Loin, Squash, & Grapefruit Salad *
NIGHT SNACK:
Dark Chocolate
PREP: Egg Muffins

BREAKFAST:
Egg Muffins & Strawberries△
LUNCH:
Kale Salad with Squash & White Beans△
SNACK:
Cucumber & Hummus
DINNER:
Chicken Thighs with Asparagus & Red Pepper *
NIGHT SNACK:
Broiled grapefruit *

BREAKFAST:
AB & J Smoothie
LUNCH:
Pork Loin Cauliflower "Rice" Bowl△
SNACK:
½ Avocado *
FREEZE: ¼ Avocado
DINNER:
Baked Eggs with Squash & Spinach△
NIGHT SNACK:
Figs & Cheddar
PREP:
Chia Pudding

11 WED

12 THURS

13 FRI

14 SAT

BREAKFAST:
Chia Pudding
LUNCH:
Chicken & Avocado Romaine Cups△
SNACK:
Egg Muffin△
DINNER:
Chickpeas & Kale in Portobellos *
NIGHT SNACK:
Popsicle△
THAW: Salmon

BREAKFAST:
Egg Muffins & Blueberries△
LUNCH:
Portobello Pork Sandwich△
SNACK:
Avocado Pudding
DINNER:
Salmon with Snap Peas & Quinoa *
NIGHT SNACK:
Mango Sorbet with Pistachios△

BREAKFAST:
Scrambled Eggs with Kale△
LUNCH:
Salmon & Grapefruit Salad△
SNACK:
Tomato, Chickpea and Parsley Salad△
DINNER:
Quinoa Zucchini Salad△
NIGHT SNACK:
Dark Chocolate

BREAKFAST:
Strawberry Smoothie
LUNCH:
"Fried" Quinoa△
SNACK:
Grapefruit & Almonds
DINNER:
Tuna Melt Tomatoes
NIGHT SNACK:
Popsicle△