

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	1 red 1 purple 2 eggs scrambled ( cheddar and sal fruit	1/4 yellow 1 purple 1/2 red 3 ingredient pancakes	1 red 1 purple 2 eggs boiled Fruit	1 red 1 green 1 blue 2 eggs scrambled with zuc I use less than one blue of	1/4 yellow 1 purple 5 red 3 ingredient pancakes	1 red 1 purple 2 eggs fried fruit	1 yellow 1 purple Oatmeal Fruit
<b>Snack 1</b>	1 yellow 1 green Cous Cous salad	1 green 1 blue Carrots Hummus	1 green 1 orange cucumber and tomato salad balsamic vinegrette	1 orange 1 green 21 fay fix dress carrots	1 green 1 orange cucumber and tomato salad balsamic vinegrette	1 green 5 blue Carrots Hummus	1 red 2 hard boiled eggs
<b>Lunch</b>	1 red 1 green lettuce wrap with turkey and pepper	1 yellow 1 red 1 green Pita Tuna cucumber slices	1 red .5 Blue 1 yellow Turkey Hummus Wheat Wrap	1 red 1 yellow Turkey/chicken/tuna Salad pita	1 yellow 1 red 1 green Pita Tuna cucumber slices	1 red 5 Blue 1 yellow Turkey Hummus Wheat Wrap	1 red 1 blue 2 green Turkey/chicken/tuna Salad Feta Salad Greens
<b>Snack 2</b>	1 red 1 purple Shakeology with banana or cottage cheese with fruit or greek yogurt with fruit	1 red 1 yellow Shakeology with almond milk or cottage cheese and half whole wheat english muffin or greek yogurt with half a whole wheat english muffin	1 red 1 purple Shakeology with banana or cottage cheese with fruit or greek yogurt with fruit	1 red 1 purple Shakeology with banana or cottage cheese with fruit or greek yogurt with fruit	1 red 1 purple Shakeology with banana or cottage cheese with fruit or greek yogurt with fruit	1 red 1 purple Shakeology with bana or cottage cheese with or greek yogurt with fruit	1 red 1 purple Shakeology with banana or cottage cheese with fruit or greek yogurt with fruit
<b>Dinner</b>	1 red 1 yellow 1 green Roasted Chicken Wild Rice Asparagus	1 red 1 green Balsamic Pork Tenderloin Medallions Broccoli	1 red 1 yellow 1 green Chicken Wildrice ( modified jambalaya recipe)	1 green 1 purple 1 red Spaghetti Squash Marinara Turkey Meatballs	1.5 Red 1 green Chicken Broccoli	1 red 1 green 5 blue ground beef ( taco) salad greens cheese tortilla chips	1 red 1 yellow 1 green 1 orange Baja Fish Taco
<b>Snack 3</b>	1 blue 1 orange but measure with a teaspoon Almonds with choc chips	1 purple 1 orange Banana with Almond Butter	1 green 5 blue Carrots Hummus	1 yellow 21 day fix treat	3/4 yellow 1 blue multi grain tortilla chips guacamole	1 green 1 orange cucumber slices dressing	