

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1 red Eggs, Zucchini, fruit 1 purple 1 green	1 yellow egg and cheese in a pita 1 blue 1 red	1 red 2 eggs boiled 1 purple Fruit 1 green zucchini	1 yellow egg and cheese in a pita 1 blue 1 red	1 red 2 eggs boiled 1 purple Fruit 1 green zucchini	CHEAT MEAL CHEAT MEAL	CHEAT MEAL CHEAT MEAL 1 red Eggs, Zucchini, fruit 1 purple 1 green
Snack 1	1 purple Apple and peanut butter 2 tsp	1 purple Berries 1 green celery with peanut butter	2green cucumber and tomato salad 1 orange balsamic vinegrette	1 purple Apple and peanut butter 2 tsp	1 purple Berries 1 green celery with peanut butter	1 purple Apple and peanut butt 2 tsp	1 purple Berries 1 green celery with peanut butter
Lunch	1 red Turkey in a pita with carrots 1 green 1 yellow	1 yellow Chipotle Orange Grilled Chicken 1 red Wild Rice 2 green Salad	1 red Turkey 1 green carrots 1 yellow Pita	1 red Chicken 1 yellow Wildrice 1 green (modified jambalaya recip	2 green Meatloaf salad 1 red	1 red Spicy Chicken 2 greens Salad 1 orange Yogurt Ranch	1 red Turkey 1 green carrots 1 yellow Pita
Snack 2	1 red Shakeology with peanut butter 2 tsp	1 red Shakeology with peanut butter 2 tsp	1 red Shakeology with peanut butt 2 tsp	1 red Shakeology with peanut b 2 tsp	1 red Shakeology with peanut but 2 tsp	1 red Shakeology with pean 2 tsp	1 red Shakeology with peanut butter 2 tsp
Dinner	1 red Chipotle Orange Grilled Chicken 1 yellow Wild Rice 2 green Salad	1 red Oven Roasted Cod with zuchini tomato ragout 1 green roasted potatoes 1 yellow 1 green	1 red Chicken 1 yellow Wildrice 1 green (modified jambalaya recipe)	2 green Meatloaf salad 1 red	1 red Spicy Chicken 1 green carrots 1 yellow pita	1 red Balsamic Pork Tender 1 green Broccoli 1 yellow roasted potatoes	1 red Balsamic Pork Tenderloin Medallions 1 green Broccoli 1 yellow roasted potatoes
Snack 3	1 blue mixed nuts 1 orange but measure with a teaspoon fruit 1 purple	1 purple Banana with Almond Butter 1 orange	2 purple berries 1 blue mixed nuts	1 green carrots 1 orange ranch 1 purple	1 yellow multi grain tortilla chips 1 blue guacamole fruit	1 green carrots 1 blue hummus	1 yellow multi grain tortilla chips 1 blue guacamole 1 purple fruit