	S	M	T	W	TH	F	S
BREAKFAST	Banana Walnut Oatmeal Turkey bacond	2 Eggs scrambled with kale Turkey bacon Peach	3 Ingredient Pancackes	2 hard boiled eggs Whole wheat toast Banana	Banana Walnut Oatmeal Turkey bacon	Quinoa with Blueberries, Cinnamon and Honey	Maple Pecan Granola Banana Greek Yogurt
SNACK	10 Almonds	Apple	10 Almonds	Apple	10 Almonds	Apple	10 Almonds
LUNCH	2 hard boiled eggs + Dijon mustard with greens in wheat wrap	Cubed chicken breast with Tikka Masala sauce + sheredded cabbage in a wheat wrap	Turkey and cheese with hummus and greens in a wheat wrap	Shredded rotisserie chicken with feta and greens in a wheat wrap	Salad in a jar with turkey, craisins, feta, and greens	Salad in a jar with kale, romaine, tomatos, carrots and tuna or salmon	Salad in a jar with broccoli, craisins, almonds and apples
SNACK	1/2 banana + almond butter	baby carrots with hummus	1/2 banana + almond butter	baby carrots with hummus	1/2 banana + almond butter	baby carrots with hummus	1/2 banana + almond butter
DINNER	Lemon rosemary roasted chicken + pumpkin pasta + broccoli	Miso glazed salmon + sauted broccoli + brown rice	Ginger lime chicken + Mushroom pecan quinoa	Thai turkey lettuce wraps + brown rice	Asparagus cousous feta salad + balsamic chicken breast	Fried rice	Sausage with peppers + sweet potato hash + balsamic green beans
SNACK	Shakeology	Shakeology	Shakeology	Shakeology	Shakeology	Shakeology	Shakeology