



Week 1	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	<ul style="list-style-type: none"> • 2/3 cup oatmeal with 2 egg whites • 1 egg muffin • ½ cup blueberries • 2 T almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • 2/3 cup amish oatmeal*** • 1/3 cup almond milk • 2 T almond slivers • ¼ cup berries • 8 ounces water 	<ul style="list-style-type: none"> • 3 protein pancakes*** • 3 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • 1 egg muffin*** • 2/3 cup oatmeal cooked with 2 egg whites topped with 2 T nuts • ½ cup blueberries • 8 ounces water 	<ul style="list-style-type: none"> • 2/3 cup pumpkin steel cut oats** topped with pecans • 1 egg muffin** • 8 ounces water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • Chiaboni Simply Brand Greek Yogurt • 6 walnuts • 8 ounces water 	<ul style="list-style-type: none"> • Peach • 1 hard boiled egg • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup strawberries • ¼ cup cottage cheese • sprinkle with almonds • 8 ounces water 	<ul style="list-style-type: none"> • 1 slice canadian bacon • 1 peach • 6 almonds • 8 ounces water
<u>Lunch</u>	<ul style="list-style-type: none"> • 4 ounces grilled chicken with 2 T avocado • 2/3 cup quinoa • 1 cup steamed broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces pulled chicken*** • 2/3 cup brown rice • 1 cup mixed veggies • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces chicken • 1 cup cinnamon butternut squash*** • 1 cup carrots • 8 ounces water 	<ul style="list-style-type: none"> • 5 ounces ground turkey • 2/3 cup brown rice • 1 cup sautéed veggies • 2 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • 8-10 grilled shrimp • 2/3 cup quinoa • ½ cup mixed veggies • 8 ounces water
<u>Snack:</u>	<ul style="list-style-type: none"> • ½ apple • 1 T almond butter • 8 ounces water 	<ul style="list-style-type: none"> • 1/3 cup dry roasted Edamame • 8 ounces water 	<ul style="list-style-type: none"> • 3 T Hummus • Carrots and celery • 8 ounces water 	<ul style="list-style-type: none"> • Chiaboni Simply Greek Yogurt • 6 almonds • 8 ounces water 	<ul style="list-style-type: none"> • 1 hard boiled egg • 1 rice cake • 1 tsp almond butter
<u>Dinner</u>	<ul style="list-style-type: none"> • 5 ounces mahi • 1 small sweet potato (1/2 cup) • 1 cup green beans • 8 ounces water 	<ul style="list-style-type: none"> • 1½ cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 5 ounces ground turkey • 8 ounces water 	<ul style="list-style-type: none"> • 5 ounces cedar plank salmon*** • ½ cup quinoa • 1 cup steamed asparagus • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces pulled chicken*** • 1/2 cup quinoa • 1 cup broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces Pecan Encrusted Chicken Recipe*** • 1 cup mashed cauliflower*** • 1 cup steamed veggies • 8 ounces water



Week 1	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> • 2 egg and 1 egg white and quinoa scrambled • 1/3 cup quinoa • 2 T avocado • 1 peach • 8 ounces water 	<ul style="list-style-type: none"> • 2/3 cup oatmeal with 2 egg whites- top with ½ banana and 1 T walnuts • 1 egg muffin *** • 8 ounces water
Snack	<ul style="list-style-type: none"> • ¾ cup blueberries • 2 slices low sodium turkey slices (1 ounce) • 6 almonds • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup berries • 6 almonds • 1 egg • 8 ounces water
Lunch	<ul style="list-style-type: none"> • 4 ounces grilled chicken with fresh pico and ¼ avocado • 2/3 cup quinoa • ½ cup steamed broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 2/3 cup avocado and tuna salad*** • Lettuce wraps • 1½ cup mixed veggies • 1 slice Ezekiel bread • 8 ounces water
Snack	<ul style="list-style-type: none"> • 3 T hummus • Carrots & celery • 8 ounces water 	<ul style="list-style-type: none"> • 2 turkey and hummus roll up • ½ cup carrot sticks • 8 ounces water
Dinner	<ul style="list-style-type: none"> • 1½ cups spaghetti squash*** • ½ cup pasta sauce (load up on the veggies) • 5 ounces ground turkey • 8 ounces water 	<ul style="list-style-type: none"> • 5 ounces cedar plank salmon*** • 1/3 cup quinoa • 1 cup sautéed asparagus • 8 ounces water

Grocery List:

- 2 dozen cage free organic eggs
- **Fruits:** Strawberries, Blueberries, Peaches, Apple, Banana, avocado
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Carrots/Celery, Lettuce, cauliflower
- **Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat/ham, Wild Caught Salmon, Mahi, Organic Chicken Breast, Canadian Bacon, Cottage Cheese, Shrimp
- **Starches:** Oatmeal/Steel cut oats, brown rice, quinoa, Ezekiel bread, rice cake
- Hummus, Edamame
- Almond Milk
- Protein Powder
- **Nuts:** Pecans, almonds, walnuts
- Almond butter
- Low sugar Greek yogurt (Triple Zero)

Recipes from website: Amish Oatmeal (Minute Oats, grass-fed butter, egg whites, vanilla extract, agave nectar light, coconut oil), **Protein Pancakes** (banana, protein powder, egg whites), **Egg Muffins** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional)), **Pulled chicken** (salsa), **Spaghetti Squash** (spaghetti squash, red sauce), **Avocado Tuna Salad** (celery, lemon juice, red onion, tuna), **Cedar Plank Salmon** (lemon, grainy mustard, cedar plank, parsley, maple syrup), **Pumpkin Steel Cut Oats** (pumpkin puree, brown sugar, all spice, cinnamon, cloves, ginger, nutmeg) **Butternut Squash** (cinnamon)



Week 2	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	<ul style="list-style-type: none"> • 2 egg and quinoa scramble*** • ¼ avocado • ½ cup berries • 8 ounces water 	<ul style="list-style-type: none"> • 1 egg muffins** • 2/3 cup oatmeal cooked with 1 tsp almond butter and 3 slices berries • 8 ounces water 	<ul style="list-style-type: none"> • 1 egg muffin*** • Chiaboni simply greek yogurt mixed with 2 tsp granola and 2 tsp nuts • 8 ounces water 	<ul style="list-style-type: none"> • 2 slices Canadian bacon • 2/3 cup oatmeal cooked with 2 egg whites • Top with 1 T walnuts and ½ cup blueberries • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup apple cinnamon steel cut oats*** • Top with 2 T pecans • 1 hard boiled egg • 8 ounces water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond and coconut butter spread • 8 ounces water 	<ul style="list-style-type: none"> • Chiaboni Simply Brand Greek Yogurt • 6 walnuts • 8 ounces water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • ½ apple • 1 tsp almond butter • 1 hard boiled egg • 8 ounces water 	<ul style="list-style-type: none"> • Triple Zero Greek Yogurt • 6 pecan crumbles • 8 ounces water
<u>Lunch</u>	<ul style="list-style-type: none"> • 4 ounces pulled pork tenderloin*** • 2/3 cup quinoa • 1 cup steamed carrots • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces grilled chicken • 1/3 cup brown rice • 1/3 cup black beans • 1 cup sautéed veggies • 2 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • 1 ½ Meatloaf Muffins** • 1 cup cinnamon butternut squash*** • 1 cup green beans • 8 ounces water 	<ul style="list-style-type: none"> • Grilled Turkey burger (no bun), on lettuce • ½ sweet potato • 1 cup broccoli • 2 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • ½ cup Tuna and Avocado Salad*** on lettuce wraps • 2/3 cup brown rice • ½ cup mixed veggies • 8 ounces water
<u>Snack</u>	<ul style="list-style-type: none"> • The Perfect Bar MINI • 8 ounces water 	<ul style="list-style-type: none"> • 1 Rice cake • 1 T almond butter • 8 ounces water 	<ul style="list-style-type: none"> • 2 hummus and turkey roll ups • 8 ounces water 	<ul style="list-style-type: none"> • 3 T hummus • Carrot sticks & cucumber slices • 8 ounces water 	<ul style="list-style-type: none"> • 2 cups popcorn (unsalted, no butter) • 2 slices turkey breast • 6 walnuts
<u>Dinner</u>	<ul style="list-style-type: none"> • 4 Coconut Mahi Nuggets*** • ½ sweet potato (1/2 cup) • 1 cup green beans with almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • 1 Turkey Stuffed Pepper *** • 1+ cups sautéed veggies • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces grilled chicken with 2 T avocado • ½ cup quinoa • 1 cup steamed asparagus • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces grilled sirloin • 1/2 cup quinoa • 1 cup broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces Spicy Quinoa Chicken*** • 1 cup mashed cauliflower*** • 1 cup steamed veggies • 8 ounces water



Week 2	Saturday	Sunday
<u>Breakfast</u>	<ul style="list-style-type: none"> • 2/3 cup amish oats*** with 2 T almond slivers and 2 T berry slices • 1 egg muffin • 8 ounces water 	<ul style="list-style-type: none"> • Egg and Canadian bacon sandwich on 2 slices of Ezekiel bread with 2 T avocado slices • 8 ounces water
<u>Snack</u>	<ul style="list-style-type: none"> • Chiaboni Simply Greek Yogurt with 6 walnuts (pieces) • 8 ounces water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 8 ounces water
<u>Lunch</u>	<ul style="list-style-type: none"> • 4 ounces grilled chicken with fresh pico and ¼ avocado • 2/3 cup quinoa • ½ cup steamed broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 2/3 cup egg white and avocado salad*** • Lettuce wraps • 1 cup mixed veggies • 1 apple • 8 ounces water
<u>Snack</u>	<ul style="list-style-type: none"> • 3 T hummus • Carrots & celery • 8 ounces water 	<ul style="list-style-type: none"> • RX Bar • 8 ounces water
<u>Dinner</u>	<ul style="list-style-type: none"> • 1 ½ meatloaf muffins*** • ½ sweet potato • 1 cup green beans with almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • 5 ounces grilled salmon • 1 cup roasted butternut squash*** • 1 cup sautéed spinach and kale

powder, tomato paste, cumin), **Spicy Quinoa Crusted Chicken** (chili powder, cumin, cayenne pepper, paprika, lime juice, nutritional yeast- Whole Foods), **Avocado Tuna Salad** (celery, lemon juice, red onion)

Grocery List:

- 2 dozen cage free organic eggs
- **Fruits:** Strawberries, Blueberries, Peaches, Apple, Banana, avocado
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Carrots/Celery, Lettuce, cauliflower
- **Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat/ham, Wild Caught Salmon, Mahi, Organic Chicken Breast, Canadian Bacon, tuna, sirloin
- **Starches:** Oatmeal/Steel cut oats, brown rice, quinoa, Ezekiel bread, rice cake
- Hummus, Edamame
- Almond Milk
- Protein Powder
- **Nuts:** Pecans, almonds, walnuts, Almond butter
- Chiaboni Simply or Triple Zero Greek yogurt
- RX BAR

Recipes from website: Amish Oatmeal (Minute Oats, grass-fed butter, egg whites, vanilla extract, agave nectar light, coconut oil), **Protein Pancakes** (banana, protein powder, egg whites), **Egg Muffins** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional)), **Egg White & Avocado Salad** (Dijon mustard, plain greek yogurt, fresh lemon juice, celery, paprika), **Meatloaf Muffins** (Low Sodium McCormick Meatloaf Seasoning, panko), **Balsamic Pork Tenderloin** (Worcestershire sauce honey, balsamic vinegar, garlic cloves, red pepper flakes, chicken broth/bone broth, low sodium soy sauce), **4 Ingredient Protein Pancake** (banana, protein powder, egg whites), **Coconut Mahi Nuggets** (unsweetened coconut, coconut oil, lime wedges, almond flour), **Turkey & Quinoa Stuffed Peppers** (garlic, chili



Week 3	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	<ul style="list-style-type: none"> • Smoothie: 1 Scoop Whey Protein, 3 T plain greek yogurt, ½ cup berries, 1 T almond butter 	<ul style="list-style-type: none"> • 1 egg muffins** • 2/3 cup overnight oats** • 8 ounces water 	<ul style="list-style-type: none"> • 2 eggs and veggies scrambled • 1 apple with 1 T almond butter • 8 ounces water 	<ul style="list-style-type: none"> • Egg and Canadian bacon on 1 slice Ezekiel bread with 2 T avocado • 1 cup berries • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup amish** oats with 2 T chopped nuts and 2 T raspberries • 8 ounces water
<u>Snack</u>	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond and coconut butter spread • 8 ounces water 	<ul style="list-style-type: none"> • Chiaboni Simply Brand Greek Yogurt • 6 walnuts • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup berries • 8 almonds • Egg muffin • 8 ounces water 	<ul style="list-style-type: none"> • ½ apple • 1 T almond butter • 1 hard boiled egg • 8 ounces water 	<ul style="list-style-type: none"> • 1 protein pancake*** • 1 tsp almond butter • 8 ounces water
<u>Lunch</u>	<ul style="list-style-type: none"> • 4 ounces buffalo chicken*** • 2/3 cup quinoa • 1 cup broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup citrus and quinoa salad*** • 1 cup green beans • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces grilled chicken • 2 T avocado • 2/3 cup black beans • 1 cup sautéed veggies • 8 ounces water 	<ul style="list-style-type: none"> • ½ cup ground turkey • 1/3 cup brown rice • 1/3 cup black beans • 1 cup sautéed veggies • 2 T avocado • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces grilled chicken • ½ sweet potato • 1 cup broccoli • 8 ounces water
<u>Snack</u>	<ul style="list-style-type: none"> • Slice ezeziel bread with 2 tsp almond butter and ½ banana • 8 ounces water 	<ul style="list-style-type: none"> • 1 Rice cake • 1 T almond butter • 8 ounces water 	<ul style="list-style-type: none"> • The Perfect Bar MINI • 8 ounces water 	<ul style="list-style-type: none"> • 3 T hummus • cucumber slices • 8 ounces water 	<ul style="list-style-type: none"> • Triple Zero Greek Yogurt • 6 pecan crumbles
<u>Dinner</u>	<ul style="list-style-type: none"> • 1 ½ cups spaghetti squash • 4 Turkey-quinoa Meatballs*** • ¼ cup pasta sauce • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup General Tso's Chicken*** • ½ cup sweet potato • 1 cup kale chips** • 8 ounces water 	<ul style="list-style-type: none"> • 8-10 grilled shrimp • ½ sweet potato • 1 cup broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces balsamic pork tenderloin*** • 2/3 cup roasted butternut squash** • 1 cup green beans • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces Grilled sirloin • 1 cup mashed cauliflower*** • 1 cup grilled asparagus • 1 cup steamed veggies • 8 ounces water



Week 3	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> • 2 eggs and quinoa scrambled with veggies • 2 T avocado • ½ cup blueberries • 8 ounces water 	<ul style="list-style-type: none"> • Smoothie: 1 Scoop Whey Protein, 3 T plain greek yogurt, ½ cup berries, 1 T almond butter
Snack	<ul style="list-style-type: none"> • Triple Zero Yogurt • 1 tsp almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • ½ apple • 1 tsp almond butter • 1 hard boiled egg • 8 ounces water
Lunch	<ul style="list-style-type: none"> • 4 ounces balsamic pork tenderloin*** • ½ cup sweet potato • 1 cup roasted cauliflower • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces grilled chicken • 2/3 cup quinoa • 1 cup sautéed veggies • 8 ounces water
Snack	<ul style="list-style-type: none"> • 1/3 cup dry roasted edemame • 8 ounces water 	<ul style="list-style-type: none"> • RX Bar • 8 ounces water
Dinner	<ul style="list-style-type: none"> • 5 ounces grilled salmon • 2/3 cup butternut squash*** • 1 cup Kale Chips** • 8 ounces water 	<ul style="list-style-type: none"> • 5 ounces grilled mahi • ½ sweet potato • 1 cup broccoli • 8 ounces water

nectar light, coconut oil), **Garlic Mashed Cauliflower** (chicken broth, crushed garlic cloves (fresh ideally)), **Turkey-Quinoa Meatballs** (garlic, low sodium soy sauce, red chili flakes, dried oregano, Italian seasoning)

Grocery List:

- 2 dozen cage free organic eggs
- **Fruits:** Strawberries, Blueberries, Peaches, Apple, Banana, avocado
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Carrots/Celery, Lettuce, cauliflower
- **Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat/ham, Wild Caught Salmon, Mahi, Organic Chicken Breast, Canadian Bacon, tuna, sirloin
- **Starches:** Oatmeal/Steel cut oats, brown rice, quinoa, Ezekiel bread, rice cake, black beans
- Hummus, Edamame
- Almond Milk
- Protein Powder
- **Nuts:** Pecans, almonds, walnuts, Almond butter
- Chiaboni Simply or Triple Zero Greek yogurt
- RX Bar
- The Perfect Bar MINI

Recipes from website: **Egg Muffins** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional)), **Egg & Quinoa Scramble** (salsa) **Protein Pancakes** (banana, protein powder, egg whites), **Cedar Plank Salmon** (lemon, grainy mustard, cedar plank, parsley, maple syrup), **Balsamic Pork Tenderloin** (Worcestershire sauce honey, balsamic vinegar, garlic cloves, red pepper flakes, chicken broth/bone broth, low sodium soy sauce), **Amish Oatmeal** (Minute Oats, grass-fed butter, egg whites, vanilla extract, agave



Week 4	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Breakfast</u>	<ul style="list-style-type: none"> • 2/3 cup amish oatmeal*** topped with 2 T almond slivers and 2 T berries • ½ cup almond milk • 8 ounces water 	<ul style="list-style-type: none"> • 2/3 cup oatmeal cooked with 2 egg whites topped with 2 T pecans and 2 T raspberries • 1 egg muffin*** • 8 ounces water 	<ul style="list-style-type: none"> • 1 slice Ezekiel bread 2 eggs and 1 slice Canadian bacon • ½ apple with 1 tsp almond butter • 8 ounces water 	<ul style="list-style-type: none"> • 2 eggs and quinoa scramble*** with 2 T avocado • ½ cup berries • 8 ounces water 	<ul style="list-style-type: none"> • Smoothie: 1 scoop whey protein, ½ banana, 3 strawberries, 1 T almond butter, 3 T greek yogurt
<u>Snack</u>	<ul style="list-style-type: none"> • Peach • Hard boiled egg • 6 walnuts • 8 ounces water 	<ul style="list-style-type: none"> • ½ apple • 1 T almond butter • 1 egg muffin • 8 ounces water 	<ul style="list-style-type: none"> • Triple Zero Greek Yogurt with 1 T almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • 1 slice Canadian bacon • 1 kiwi • 8 walnuts • 8 ounces water 	<ul style="list-style-type: none"> • 1 cup strawberries • ¼ cup cottage cheese with 6 pecans • 8 ounces water
<u>Lunch</u>	<ul style="list-style-type: none"> • 8-10 Grilled Shrimp • ½ sweet potato • 1 cup steamed veggies • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces grilled chicken • 2/3 cup quinoa • 1 cup green beans with almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • ½ cup pulled chicken*** • 1/3 cup brown rice • 1/3 cup black beans • 1 cup sautéed veggies • 8 ounces water 	<ul style="list-style-type: none"> • 1/2 cup BBQ pulled chicken*** • ½ sweet potato • 1 cup green beans • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces grilled chicken • ½ sweet potato • 1 cup roasted cauliflower*** • 8 ounces water
<u>Snack</u>	<ul style="list-style-type: none"> • Low Sugar Kind Bar (Dark Chocolate, Almond, Sea Salt) or RX BAR • 8 ounces water 	<ul style="list-style-type: none"> • Triple Zero Greek Yogurt with 1 T walnuts • 6 walnuts (crumbled) • 8 ounces water 	<ul style="list-style-type: none"> • 1/2 meatloaf muffin • ½ apple • 8 ounces water 	<ul style="list-style-type: none"> • 2 turkey and hummus roll ups • 8 ounces water 	<ul style="list-style-type: none"> • 1 Rice cake • 1 tsp almond and coconut butter spread • 1 hard boiled egg • 8 ounces water
<u>Dinner</u>	<ul style="list-style-type: none"> • 1 ½ Meatloaf Muffin*** • 1/2 cup mashed sweet potato** with 1 tsp pecan pieces • 1 cup steamed broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces roasted turkey • ½ cup roasted butternut squash*** • 1 cup green beans • 8 ounces water 	<ul style="list-style-type: none"> • 5 ounces grilled salmon • 2/3 cup butternut squash • 1 cup broccoli • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces pork chops • ½ cup brown rice • 1 cup roasted cauliflower • 8 ounces water 	<ul style="list-style-type: none"> • 5 ounces Grilled mahi • ½ sweet potato • 1 cup grilled asparagus • 8 ounces water



Week 4	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> • 2/3 cup oatmeal cooked with 2 T walnuts • 2 eggs scrambled • 1 slice Canadian bacon • 8 ounces water 	<ul style="list-style-type: none"> • 1 slice Ezekiel bread with 1 tsp almond butter and ½ banana • Triple Zero Greek yogurt with 2 tsp almond slivers with 1 tsp protein powder • 8 ounces water
Snack	<ul style="list-style-type: none"> • Triple Zero Yogurt with 1 tsp almond slivers • 8 ounces water 	<ul style="list-style-type: none"> • 1/2 cup blueberries • 6 cashews • 1 hard boiled egg • 8 ounces water
Lunch	<ul style="list-style-type: none"> • 1 ½ meatloaf muffins*** • 2/3 cup mashed sweet potato*** • 1 cup roasted cauliflower • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces pulled chicken*** • 1 cup sautéed veggies • ½ cup black beans • 8 ounces water
Snack	<ul style="list-style-type: none"> • 3 T hummus with carrot sticks • 8 ounces water 	<ul style="list-style-type: none"> • The Perfect Bar Mini • 8 ounces water
Dinner	<ul style="list-style-type: none"> • 4 ounces grilled chicken • 2/3 cup butternut squash*** • 1 cup Kale Chips** • 8 ounces water 	<ul style="list-style-type: none"> • 4 ounces grilled sirloin with mushrooms • ½ sweet potato • 1 cup steamed broccoli • 8 ounces water

Grocery List:

- 2 dozen cage free organic eggs
- **Fruits:** Strawberries, Blueberries, Peaches, Apple, Banana, avocado, kiwi
- **Veggies:** Peppers, Onions, Broccoli, Asparagus, Carrots, Onions, Spaghetti Squash, Carrots/Celery, Lettuce, cauliflower, kale, mushrooms
- **Meats:** Lean Ground Turkey (ground turkey, meatloaf muffins, and spaghetti squash), Low sodium turkey deli meat/ham, Wild Caught Salmon, Mahi, Organic Chicken Breast, Canadian Bacon, tuna, sirloin
- **Starches:** Oatmeal/Steel cut oats, brown rice, quinoa, Ezekiel bread, rice cake, black beans
- Hummus, Edamame
- Almond Milk
- Protein Powder
- Cottage Cheese, Low sugar greek yogurt (Triple Zero)
- **Nuts:** Pecans, almonds, walnuts, Almond butter (or low sugar nut butter spread)
- RX Bar
- The Perfect Bar MINI

Recipes from website: **Egg Muffins** (mushrooms, bell peppers, spinach, sliced ham or turkey (optional)), **Egg & Quinoa Scramble** (salsa), **Pulled Chicken** (salsa), **Meatloaf Muffins** (Low Sodium McCormick Meatloaf Seasoning, panko), **Mashed Sweet Potato** (cinnamon, chili powder, brown sugar, OJ), **BBQ Pulled Chicken** (Stubb's BBQ, chili powder, brown sugar, onion powder)