

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Break-fast	Eggs with veggies, 2 tbs cheese	Strawberry Shortcake Overnight Oats - https://dashingdish.com/recipe/strawberry-shortcake-protein-overnight-oatmeal/ *can use applesauce variation in this recipe	Green Smoothie	Strawberry Shortcake Overnight Oats - https://dashingdish.com/recipe/strawberry-shortcake-protein-overnight-oatmeal/ *can use applesauce variation in this recipe	Green Smoothie	Strawberry Shortcake Overnight Oats - https://dashingdish.com/recipe/strawberry-shortcake-protein-overnight-oatmeal/ *can use applesauce variation in this recipe	1/4 cup almonds	
Lunch	Leftover soup (pasta a figiolli)	Mexican Quinoa Bowl	Hard Boiled Eggs Veggies: Peppers Fruit	Mexican Quinoa Bowl	Hard Boiled Eggs Veggies: Peppers Fruit	Mexican Quinoa Bowl	Eggs - eat out (no bread)	
Snack	Fruit with Cottage Cheese (1/2 c) w/horseradish ***or Fruit with Nuts (1/4 c)	Fruit with Cottage Cheese (1/2 c) w/horseradish ***or Fruit with Nuts (1/4 c)	Fruit with Cottage Cheese (1/2 c) w/horseradish ***or Fruit with Nuts (1/4 c)	Fruit with Cottage Cheese (1/2 c) w/horseradish ***or Fruit with Nuts (1/4 c)	Fruit with Cottage Cheese (1/2 c) w/horseradish ***or Fruit with Nuts (1/4 c)	Fruit with Cottage Cheese (1/2 c) w/horseradish ***or Fruit with Nuts (1/4 c)	Fruit with Cottage Cheese (1/2 c) w/horseradish ***or Fruit with Nuts (1/4 c)	
Dinner	Chicken Shredded on Salad: -Romaine Lettuce or Mixed Greens -Shredded Broccoli & Carrot Mix -Yellow Squash -Lite Mexican Cheese 2 tbs -Sunflower Seeds -Salsa Ranch (Bolthouse) ***make 2 extras in jars for Wednesday Dinner	Buffalo Chicken White Bean Chili	Microwave Meatloaf in Ramekins (Fit Men Cooks) *you can use no HFCS ketchup on side (2 tbs) OR top with fresh horseradish side of carrots (can eat fresh or cooked with a little stevia on them) (double recipe for left overs)	Chicken Shredded on Salad: -Romaine Lettuce or Mixed Greens -Shredded Broccoli & Carrot Mix -Yellow Squash -Lite Mexican Cheese 2 tbs -Sunflower Seeds -Salsa Ranch (Bolthouse) ***make 2 extras in jars for Wednesday Dinner	Buffalo Chicken White Bean Chili	Edamame (steamed, lightly salted) Side Salad: Bolthouse Dressing Spinach Leaves Cucumbers Broccoli Mix Cranberries Feta Cheese Sunflower Seeds	Free Meal	
Dessert OR Snack	Dashing Dish Smoothie (milk shake) *split one recipe between the two of you or save half for next night https://dashingdish.com/recipe/chocolate-covered-cherry-protein-shake/ OR Skinny Girl Popcorn...	Pear drizzled with 1 tbs Justin's Chocolate Hazelnut Butter, Shredded Coconut, and dollop Organic Whipped Cream or Tru-Whip	Vanilla Chai Latte or Sugar Cookie *brew 2 bags of chai tea, in a cup of hot almond milk for 3 minutes, add 2 pkgs of stevia	Berries, mini chocolate chips (1tbs), Tru-whip (2 tbs)	Square of 60-70% dark chocolate	Banana Split: banana cut in half, topped with 1/4 plain Greek yogurt (sweetened with stevia), a few berries, 1 tbs dark chocolate chips	No evening snack	