

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Break-fast	Eggs with veggies, 2 tbs cheese	Egg Puff	Green Smoothie	Egg Puff	Green Smoothie	Egg Puff	1/4 cup almonds
Lunch	Leftovers	Fajitas in a Jar -ground chicken -salsa -bell peppers -onions -greek yogurt -small tortilla (2 each) - can do corn	Hard Boiled Eggs Veggies: Peppers Fruit	Fajitas in a Jar -ground chicken -salsa -bell peppers -onions -greek yogurt -small tortilla (2 each) - can do corn	Hard Boiled Eggs Veggies: Peppers Fruit	Fajitas in a Jar -ground chicken -salsa -bell peppers -onions -greek yogurt -small tortilla (2 each) - can do corn	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	Taco Salad: Bolthouse Salsa Ranch Black Beans Green Peppers Corn Lite Mexican Cheese Ground Turkey seasoned with salt-free organic taco seasoning Greek Yogurt Salsa or Taco Sauce Romaine Lettuce Tortilla Strips ***make 2 extras for Wednesday Dinner	Split Pea Soup	Spaghetti Squash Lasagna https://dashingdish.com/recipe/spaghetti-squash-low-carb-lasagna/	Taco Salad: Bolthouse Salsa Ranch Black Beans Green Peppers Corn Lite Mexican Cheese Ground Turkey seasoned with taco seasoning Greek Yogurt Salsa or Taco Sauce Romaine Lettuce Tortilla Strips	Split Pea Soup	Edamame (steamed) Side Salad: Bolthouse Dressing Cucumbers Carrots Cranberries Feta Cheese Sunflower Seeds Spinach Leaves	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