



























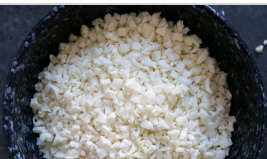
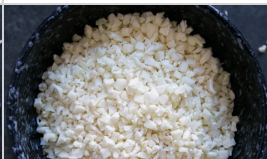






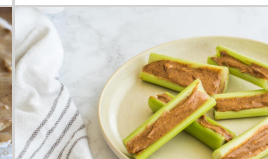
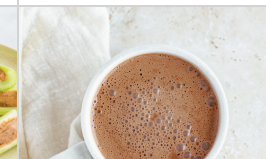
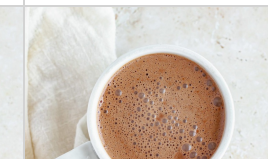


	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Chia Cottage Cheese Bowl	 Chocolate Chia Cottage Cheese Bowl	 Chocolate Kale Protein Smoothie	 Chocolate Kale Protein Smoothie	 Chocolate Kale Protein Smoothie	 Spicy Shredded Brussels Sprouts & Eggs	 Spicy Shredded Brussels Sprouts & Eggs
Snack/Water	 Celery & Guacamole	 Celery & Guacamole	 Celery & Guacamole	 Blueberries	 Lemon Water	 Raspberries	 Raspberries
Lunch	 Chicken, Turmeric & Brown Rice Soup	 Chicken, Turmeric & Brown Rice Soup	 Chicken, Turmeric & Brown Rice Soup	 Chickpea Pasta Salad with Salmon	 Chickpea Pasta Salad with Salmon	 Cucumber & Tomato Whipped Cottage Cheese...	 Cucumber & Tomato Whipped Cottage Cheese...
Dinner	 Garlic Butter Shrimp	 Garlic Butter Shrimp	 Pumpkin & Spinach Stuffed Chicken	 Pumpkin & Spinach Stuffed Chicken	 Slow Cooker Sweet Potato Chili	 Slow Cooker Sweet Potato Chili	 Slow Cooker Sweet Potato Chili
Dinner/Hydrate!	 Cauliflower Rice	 Cauliflower Rice	 Sheet Pan Roasted Veggies	 Sheet Pan Roasted Veggies	 Lemon Water	 Lemon Water	 Lemon Water
Snack	 Rice Cake with Greek Yogurt & Berries	 Rice Cake with Greek Yogurt & Berries	 Rice Cakes with Almond Butter	 Rice Cakes with Almond Butter	 Celery & Almond Butter	 Bone Broth Hot Chocolate	 Bone Broth Hot Chocolate

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  30%	Fat  30%	Fat  36%	Fat  43%	Fat  50%	Fat  45%	Fat  45%
Carbs  33%	Carbs  33%	Carbs  31%	Carbs  28%	Carbs  24%	Carbs  31%	Carbs  31%
Protein  37%	Protein  37%	Protein  33%	Protein  29%	Protein  26%	Protein  24%	Protein  24%
Calories 1553	Calories 1553	Calories 1575	Calories 1597	Calories 1537	Calories 1581	Calories 1581
Fat 52g	Fat 52g	Fat 64g	Fat 80g	Fat 88g	Fat 80g	Fat 80g
Carbs 128g	Carbs 128g	Carbs 123g	Carbs 118g	Carbs 98g	Carbs 123g	Carbs 123g
Fiber 35g	Fiber 35g	Fiber 31g	Fiber 35g	Fiber 32g	Fiber 38g	Fiber 38g
Sugar 17g	Sugar 17g	Sugar 17g	Sugar 37g	Sugar 23g	Sugar 47g	Sugar 47g
Protein 146g	Protein 146g	Protein 129g	Protein 120g	Protein 102g	Protein 95g	Protein 95g
Cholesterol 447mg	Cholesterol 447mg	Cholesterol 168mg	Cholesterol 185mg	Cholesterol 144mg	Cholesterol 861mg	Cholesterol 861mg
Sodium 2306mg	Sodium 2306mg	Sodium 2149mg	Sodium 739mg	Sodium 1465mg	Sodium 3849mg	Sodium 3849mg
Vitamin A 4757IU	Vitamin A 4757IU	Vitamin A 19293IU	Vitamin A 16241IU	Vitamin A 8418IU	Vitamin A 10403IU	Vitamin A 10403IU
Vitamin C 161mg	Vitamin C 161mg	Vitamin C 188mg	Vitamin C 164mg	Vitamin C 62mg	Vitamin C 215mg	Vitamin C 215mg
Calcium 898mg	Calcium 898mg	Calcium 1078mg	Calcium 1061mg	Calcium 1118mg	Calcium 1372mg	Calcium 1372mg
Iron 11mg	Iron 11mg	Iron 13mg	Iron 16mg	Iron 16mg	Iron 19mg	Iron 19mg
Vitamin D 33IU	Vitamin D 33IU	Vitamin D 103IU	Vitamin D 740IU	Vitamin D 742IU	Vitamin D 324IU	Vitamin D 324IU
Vitamin B12 1.1µg	Vitamin B12 1.1µg	Vitamin B12 1.2µg	Vitamin B12 6.4µg	Vitamin B12 8.5µg	Vitamin B12 5.1µg	Vitamin B12 5.1µg
Magnesium 409mg	Magnesium 409mg	Magnesium 430mg	Magnesium 392mg	Magnesium 326mg	Magnesium 334mg	Magnesium 334mg