














	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Whipped Cottage Cheese, Berries & Granola	 Whipped Cottage Cheese, Berries & Granola	 Whipped Cottage Cheese, Berries & Granola	 Cucumber & Tomato Whipped Cottage Cheese...	 Cucumber & Tomato Whipped Cottage Cheese...	 Pesto Eggs & Raspberries	 Pesto Eggs & Raspberries
Snack	 Celery & Guacamole	 Celery & Guacamole	 Celery & Guacamole	 Raspberries	 Raspberries	 Hummus Dippers	 Hummus Dippers
Lunch	 Shrimp Lo Mein	 Shrimp Lo Mein	 Shrimp Lo Mein	 Air Fryer Salmon & Bell Pepper Hummus Wrap	 Air Fryer Salmon & Bell Pepper Hummus Wrap	 Spaghetti Squash & Lentil Soup	 Spaghetti Squash & Lentil Soup
Hydrate!	 Lemon Water	 Lemon Water	 Lemon Water	 Lemon Water	 Lemon Water	 Lemon Water	 Lemon Water
Dinner	 Air Fryer Salmon & Cauliflower Rice Bowl	 Air Fryer Salmon & Cauliflower Rice Bowl	 White Bean Eggplant Caponata	 White Bean Eggplant Caponata	 White Bean Eggplant Caponata	 Miso Glazed Cod with Sweet Potato	 Miso Glazed Cod with Sweet Potato
Snack	 Vanilla Chia Protein Shake	 Vanilla Chia Protein Shake	 Vanilla Chia Protein Shake	 Greek Yogurt with Almonds, Chia & Honey	 Greek Yogurt with Almonds, Chia & Honey	 Chocolate Kale Protein Smoothie	 Chocolate Kale Protein Smoothie

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  34%	Fat  36%	Fat  39%	Fat  39%	Fat  36%	Fat  36%
Carbs  35%	Carbs  35%	Carbs  41%	Carbs  36%	Carbs  36%	Carbs  30%	Carbs  30%
Protein  31%	Protein  31%	Protein  23%	Protein  25%	Protein  25%	Protein  34%	Protein  34%
Calories 1535	Calories 1535	Calories 1571	Calories 1423	Calories 1423	Calories 1447	Calories 1447
Fat 58g	Fat 58g	Fat 65g	Fat 64g	Fat 64g	Fat 58g	Fat 58g
Carbs 137g	Carbs 137g	Carbs 163g	Carbs 131g	Carbs 131g	Carbs 110g	Carbs 110g
Fiber 37g	Fiber 37g	Fiber 50g	Fiber 39g	Fiber 39g	Fiber 33g	Fiber 33g
Sugar 36g	Sugar 36g	Sugar 36g	Sugar 39g	Sugar 39g	Sugar 26g	Sugar 26g
Protein 121g	Protein 121g	Protein 92g	Protein 93g	Protein 93g	Protein 125g	Protein 125g
Cholesterol 218mg	Cholesterol 218mg	Cholesterol 131mg	Cholesterol 125mg	Cholesterol 125mg	Cholesterol 662mg	Cholesterol 662mg
Sodium 3147mg	Sodium 3147mg	Sodium 2243mg	Sodium 1370mg	Sodium 1370mg	Sodium 3093mg	Sodium 3093mg
Vitamin A 11084IU	Vitamin A 11084IU	Vitamin A 6110IU	Vitamin A 3672IU	Vitamin A 3672IU	Vitamin A 22503IU	Vitamin A 22503IU
Vitamin C 92mg	Vitamin C 92mg	Vitamin C 69mg	Vitamin C 257mg	Vitamin C 257mg	Vitamin C 149mg	Vitamin C 149mg
Calcium 1196mg	Calcium 1196mg	Calcium 1268mg	Calcium 860mg	Calcium 860mg	Calcium 1036mg	Calcium 1036mg
Iron 8mg	Iron 8mg	Iron 12mg	Iron 12mg	Iron 12mg	Iron 15mg	Iron 15mg
Vitamin D 1030IU	Vitamin D 1030IU	Vitamin D 73IU	Vitamin D 854IU	Vitamin D 854IU	Vitamin D 307IU	Vitamin D 307IU
Vitamin B12 9.5µg	Vitamin B12 9.5µg	Vitamin B12 1.5µg	Vitamin B12 7.6µg	Vitamin B12 7.6µg	Vitamin B12 4.3µg	Vitamin B12 4.3µg
Magnesium 293mg	Magnesium 293mg	Magnesium 324mg	Magnesium 289mg	Magnesium 289mg	Magnesium 397mg	Magnesium 397mg