



























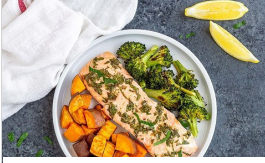















	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Cinnamon Pear Protein Overnight Oats	Cinnamon Pear Protein Overnight Oats	Cinnamon Pear Protein Overnight Oats	Apple & Cinnamon Chia Pudding	Apple & Cinnamon Chia Pudding	Eggs & Turkey Bacon	Eggs & Turkey Bacon
Breakfast							
	0.5 Hard Boiled Eggs	0.5 Hard Boiled Eggs	0.5 Hard Boiled Eggs	Lemon Water	Lemon Water	Raspberries	Raspberries
Lunch							
	Ginger Peanut Chicken with Carrots & Radishes	Ginger Peanut Chicken with Carrots & Radishes	Ginger Peanut Chicken with Carrots & Radishes	Chicken BLT Wrap	Chicken BLT Wrap	Chicken & Mushroom Cabbage Soup	Chicken & Mushroom Cabbage Soup
Lunch							
	Apple	Apple	Apple	Raspberries	Raspberries	Apple	Apple
Dinner							
	Lemon Garlic Salmon, Broccoli & Sweet Potatoes	Lemon Garlic Salmon, Broccoli & Sweet Potatoes	Sweet Potato & Turkey Hash	Sweet Potato & Turkey Hash	Sweet Potato & Turkey Hash	One Pan Turkey, Artichoke & Spinach Rice	One Pan Turkey, Artichoke & Spinach Rice
Snack							
	Celery & Almond Butter	Celery & Almond Butter	Celery & Almond Butter	Yogurt with Pear	Yogurt with Pear	Pear & Spinach Smoothie	Pear & Spinach Smoothie

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  37%	Fat  37%	Fat  44%	Fat  38%	Fat  38%	Fat  38%	Fat  38%
Carbs  35%	Carbs  35%	Carbs  33%	Carbs  37%	Carbs  37%	Carbs  35%	Carbs  35%
Protein  28%	Protein  28%	Protein  23%	Protein  25%	Protein  25%	Protein  27%	Protein  27%
Calories 1513	Calories 1513	Calories 1568	Calories 1503	Calories 1503	Calories 1596	Calories 1596
Fat 65g	Fat 65g	Fat 80g	Fat 66g	Fat 66g	Fat 69g	Fat 69g
Carbs 138g	Carbs 138g	Carbs 132g	Carbs 144g	Carbs 144g	Carbs 145g	Carbs 145g
Fiber 31g	Fiber 31g	Fiber 35g	Fiber 45g	Fiber 45g	Fiber 34g	Fiber 34g
Sugar 52g	Sugar 52g	Sugar 52g	Sugar 49g	Sugar 49g	Sugar 53g	Sugar 53g
Protein 108g	Protein 108g	Protein 95g	Protein 99g	Protein 99g	Protein 109g	Protein 109g
Cholesterol 375mg	Cholesterol 375mg	Cholesterol 393mg	Cholesterol 198mg	Cholesterol 198mg	Cholesterol 636mg	Cholesterol 636mg
Sodium 1070mg	Sodium 1070mg	Sodium 809mg	Sodium 1046mg	Sodium 1046mg	Sodium 2969mg	Sodium 2969mg
Vitamin A 22277IU	Vitamin A 22277IU	Vitamin A 13234IU	Vitamin A 13118IU	Vitamin A 13118IU	Vitamin A 9675IU	Vitamin A 9675IU
Vitamin C 124mg	Vitamin C 124mg	Vitamin C 84mg	Vitamin C 119mg	Vitamin C 119mg	Vitamin C 132mg	Vitamin C 132mg
Calcium 890mg	Calcium 890mg	Calcium 865mg	Calcium 1739mg	Calcium 1739mg	Calcium 1170mg	Calcium 1170mg
Iron 9mg	Iron 9mg	Iron 11mg	Iron 11mg	Iron 11mg	Iron 13mg	Iron 13mg
Vitamin D 1074IU	Vitamin D 1074IU	Vitamin D 137IU	Vitamin D 271IU	Vitamin D 271IU	Vitamin D 244IU	Vitamin D 244IU
Vitamin B12 9.7µg	Vitamin B12 9.7µg	Vitamin B12 3.4µg	Vitamin B12 2.5µg	Vitamin B12 2.5µg	Vitamin B12 4.1µg	Vitamin B12 4.1µg
Magnesium 398mg	Magnesium 398mg	Magnesium 373mg	Magnesium 223mg	Magnesium 223mg	Magnesium 333mg	Magnesium 333mg