

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Very Berry Overnight Oats 1/2 1	Apple Cinnamon Overnight Oats w/ nut butter 1/2 1 1 1/2	Very Berry Overnight Oats 1/2 1	Apple Cinnamon Overnight Oats w/ nut butter 1/2 1 1 1/2	Very Berry Overnight Oats 1/2 1
Snack	Shakeology (w/ 8 oz water & berries) OR Hardboiled Eggs & Apple 1 1	Shakeology (w/ 8 oz water & berries) OR Greek Yogurt w/ berries 1 1	Shakeology (w/ 8 oz water, berries & nut butter) OR Hardboiled Eggs & Apple w/ nut butter 1 1 2 1/2	Shakeology (w/ 8 oz water & berries) OR Greek Yogurt w/ berries 1 1	Shakeology (w/ 8 oz water, berries & nut butter) OR Hardboiled Eggs & Apple w/ nut butter 1 1 1
Lunch	Chicken Veggie Ranch Mason Jar Salad 2 1 1/2 1	BLT Mason Jar Salad 2 1 1	Chicken Veggie Ranch Mason Jar Salad 2 1 1/2 1	BLT Mason Jar Salad 2 1 1	Leftover Baked Ziti 1 1/4 1 1 1 1/3
Snack	Greek Yogurt (w/ 1 tsp Maple Syrup & Cinnamon) 1	Raw Veggies w/ Mashed Avocado Grapes 1 1/3 1/2 1/2	Greek Yogurt (w/ 1 tsp Maple Syrup & Cinnamon) Grapes 1 1/2	Raw Veggies Grapes 3/4 1/2	Raw Veggies w/ Ranch (from salads) Grapes 1 1/4 1/2 1
Dinner	Pulled Pork w/ Maple BBQ Sauce Honey Roasted Butternut Squash Salad (2 servings of salad) 2 1/2 1 1/2 2 1/4	Flank Steak Tacos 2/3 1 1 1/2 1/2	Instant Pot Caprese Chicken w/ 1 c. green beans 2 1 1/2 1/2	Baked Ziti (Add cheese to make full blue) 1 1/4 1 1 1 1/3	Asian Chicken w/ 1 1/2 c. green beans 1 1/2 1 1/2
Snack	Treat Swap 1	Pumpkin Spice Whipped Ricotta w/ cacao nibs 1 1	Treat Swap 1	Pumpkin Spice Whipped Ricotta w/ cacao nibs 1 1	Pumpkin Spice Whipped Ricotta w/ cacao nibs 1 1