

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Very Berry Overnight Oats Sheet Pan Breakfast (topped w/ 1 egg) ½ 2 1 1 1	Apple Cinnamon Overnight Oats w/ 2 tsp nut butter Sheet Pan Breakfast (topped w/ 1 egg) ½ 2 1 1 3	Very Berry Overnight Oats Sheet Pan Breakfast (topped w/ 1 egg) ½ 2 1 1 1	Apple Cinnamon Overnight Oats w/ 2 tsp nut butter Sheet Pan Breakfast (topped w/ 1 egg) ½ 2 1 1 3	Very Berry Overnight Oats Sheet Pan Breakfast (topped w/ 1 egg) ½ 2 1 1 1
Snack	Shakeology (w/ 8 oz water, berries & nut butter) OR Hardboiled Eggs & Apple w/ nut butter 1 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 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 2
Lunch	Chicken Veggie Ranch Mason Jar Salad ½ Banana 2 1 ½ 1 1	BLT Mason Jar Salad ½ Banana 2 1 1 1	Chicken Veggie Ranch Mason Jar Salad ½ Banana w/ nut butter 2 1 ½ 1 1 1½	BLT Mason Jar Salad ½ Banana 2 1 1 1	Leftover Baked Ziti ½ Banana 1¼ 1 1 1 ⅓ 1
Snack	Greek Yogurt (w/ 1 tsp Maple Syrup & Cinnamon) Whole Wheat Crackers 1 1	Raw Veggies w/ Mashed Avocado Grapes Whole Wheat Crackers 1⅓ ½ ½ 1	Greek Yogurt (w/ 1 tsp Maple Syrup & Cinnamon) Grapes 1 ½	Raw Veggies Grapes Whole Wheat Crackers ¾ ½ 1	Raw Veggies w/ Ranch (from salads) Grapes 1 ¼ ½ 1
Dinner	Pulled Pork w/ Maple BBQ Sauce Honey Roasted Butternut Squash Salad (2 servings of salad) 2 ½ 1 ½ 2¼	Flank Steak Tacos ⅔ 1 1 ½ ½	Instant Pot Caprese Chicken w/ 1 c. green beans Brown Rice 2 1 1 ½ ½	Baked Ziti (Add cheese to make full blue) 1¼ 1 1 1 ⅓	Asian Chicken w/ 1½ c. green beans Brown Rice 1½ 1 1 ½
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