

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<a href="#">Very Berry Overnight Oats</a> and <a href="#">Sheet Pan Breakfast</a> (topped w/ 1 egg) ½  2  1  1  1	<a href="#">Apple Cinnamon Overnight Oats</a> and <a href="#">Sheet Pan Breakfast</a> (topped w/ 1 egg) ½  2  1  1  1	<a href="#">Very Berry Overnight Oats</a> and <a href="#">Sheet Pan Breakfast</a> (topped w/ 1 egg) ½  2  1  1  1	<a href="#">Apple Cinnamon Overnight Oats</a> and <a href="#">Sheet Pan Breakfast</a> (topped w/ 1 egg) ½  2  1  1  1	<a href="#">Very Berry Overnight Oats</a> and <a href="#">Sheet Pan Breakfast</a> (topped w/ 1 egg) ½  2  1  1  1
<b>Snack</b>	Shakeology (w/ 8 oz water, berries & nut butter) <b>OR</b> Hardboiled Eggs & Apple w/ nut butter 1  1  2½	Shakeology (w/ 8 oz water & berries) <b>OR</b> Greek Yogurt w/ berries 1  1	Shakeology (w/ 8 oz water, berries & nut butter) <b>OR</b> Hardboiled Eggs & Apple w/ nut butter 1  1  3	Shakeology (w/ 8 oz water & berries) <b>OR</b> Greek Yogurt w/ berries 1  1	Shakeology (w/ 8 oz water, berries & nut butter) <b>OR</b> Hardboiled Eggs & Apple w/ nut butter 1  1  2
<b>Lunch</b>	<a href="#">Chicken Veggie Ranch Mason Jar Salad</a> Banana 2  1  ½  1  2	<a href="#">BLT Mason Jar Salad</a> Banana w/ nut butter 2  1  1  2  3	<a href="#">Chicken Veggie Ranch Mason Jar Salad</a> Banana w/ nut butter 2  1  ½  1 2  1½	<a href="#">BLT Mason Jar Salad</a> Banana w/ nut butter 2  1  1  2  3	Leftover <a href="#">Baked Ziti</a> Banana ½ c. raw veggies 1¾  1  1 1  ⅓  2
<b>Snack</b>	Raw Veggies Greek Yogurt (w/ 1 tsp Maple Syrup & Cinnamon) Whole Wheat Crackers 1  1  1	Raw Veggies w/ Mashed Avocado Grapes Whole Wheat Crackers Hardboiled Eggs 1⅓  ½  ½  1  1	Raw Veggies Greek Yogurt (w/ 1 tsp Maple Syrup & Cinnamon) Grapes 1  1  ½	Raw Veggies Grapes Whole Wheat Crackers Hardboiled Eggs 1¾  ½  1  1	Raw Veggies w/ Ranch (from salads) Grapes 1¼  ½  1
<b>Dinner</b>	<a href="#">Pulled Pork w/ Maple BBQ Sauce</a> w/ <a href="#">Honey Roasted Butternut Squash Salad</a> (2 svgs. pork and salad) 2  ½  2 ½  2½	<a href="#">Flank Steak Tacos</a> w/ 1 c. green beans 1⅔  1  1 ½  ½	<a href="#">Instant Pot Caprese Chicken</a> w/ extra plain chicken, 1 c. green beans & <a href="#">Brown Rice</a> 2  2  1  ½  ½	<a href="#">Baked Ziti</a> (Add cheese to make full blue) 1¼  1  1 1  ⅓	<a href="#">Asian Chicken</a> w/ green beans & <a href="#">Brown Rice</a> (2 svgs. Chicken & gr beans) 1½  1  1  ½
<b>Snack</b>	Treat Swap 1	<a href="#">Pumpkin Spice Whipped Ricotta</a> w/ cacao nibs 1  1	Treat Swap 1	<a href="#">Pumpkin Spice Whipped Ricotta</a> w/ cacao nibs 1  1	<a href="#">Pumpkin Spice Whipped Ricotta</a> w/ cacao nibs 1  1