

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<a href="#">Cheesy Bacon Breakfast Bites</a> 1/3♥ 1♥ 1/3♥ Banana w/ nut butter 2♥ 2✂ <a href="#">"Overnight" Instant Pot Steel Cut Oats</a> w/ cinnamon 1♥	<a href="#">Cheesy Bacon Breakfast Bites</a> 1/3♥ 1♥ 1/3♥ Banana w/ nut butter 2♥ 2✂ <a href="#">"Overnight" Instant Pot Steel Cut Oats</a> w/ cinnamon 1♥	<a href="#">Cheesy Bacon Breakfast Bites</a> 1/3♥ 1♥ 1/3♥ Banana w/ nut butter 2♥ 2✂ <a href="#">"Overnight" Instant Pot Steel Cut Oats</a> w/ cinnamon 1♥	<a href="#">Cheesy Bacon Breakfast Bites</a> 1/3♥ 1♥ 1/3♥ Banana w/ nut butter 2♥ 2✂ <a href="#">"Overnight" Instant Pot Steel Cut Oats</a> w/ cinnamon 1♥	<a href="#">Cheesy Bacon Breakfast Bites</a> 1/3♥ 1♥ 1/3♥ Roasted veggies w/ oil 1♥ 1/2✂ Banana w/ nut butter 2♥ 3/2✂ <a href="#">"Overnight" Instant Pot Steel Cut Oats</a> w/ cinnamon 1♥
<b>Snack</b>	Shakeology (w/ 8 oz water, berries & nut butter) <b>OR</b> Greek Yogurt w/ berries & nut butter 1♥ 1♥ 2✂ Raw Veggies 1♥	Shakeology (w/ 8 oz water, berries & nut butter) <b>OR</b> Greek Yogurt w/ berries & nut butter 1♥ 1♥ 2✂ Raw Veggies w/ Mashed Avocado or Hummus 1♥ 1/2♥	Shakeology (w/ 8 oz water, berries & nut butter) <b>OR</b> Greek Yogurt w/ berries & nut butter 1♥ 1♥ 2✂ Raw Veggies 1♥	Shakeology (w/ 8 oz water, berries & nut butter) <b>OR</b> Greek Yogurt w/ berries & nut butter 1♥ 1♥ 2✂ Raw Veggies 1♥	Shakeology (w/ 8 oz water, berries & nut butter) <b>OR</b> Greek Yogurt w/ berries & nut butter 1♥ 1♥ 2✂ Raw Veggies 1♥
<b>Lunch</b>	<a href="#">Ramen Noodle Salad</a> topped with Chicken 1 1/2♥ 1♥ 1/4♥ 2/3♥ 1/3♥ 1♥	<a href="#">Healthy Chicken Lettuce Wraps</a> 1♥ 1♥ 1/2♥ 1 1/2✂	<a href="#">Ramen Noodle Salad</a> topped with Chicken 1 1/2♥ 1♥ 1/4♥ 2/3♥ 1/3♥ 1♥	<a href="#">Healthy Chicken Lettuce Wraps</a> 1♥ 1♥ 1/2♥ 1 1/2✂ Roasted veggies w/ oil 1♥ 1/2✂	<a href="#">Ramen Noodle Salad</a> topped with Chicken 1 1/2♥ 1♥ 1/4♥ 2/3♥ 1/3♥ 1♥
<b>Snack</b>	Raw Veggies w/ Mashed Avocado or Hummus 1 1/3♥ 1/3♥ Whole Grain Crackers 1 1/3♥ Hard Boiled Eggs 1♥	Raw Veggies w/ FIX approved dressing or Pumpkin Seeds 1 2/3♥ 1♥ Whole Grain Crackers 1 1/2♥ Berries or Melon 1♥ Hard Boiled Eggs 1♥	Raw Veggies w/ Mashed Avocado or Hummus 1 1/3♥ 1/3♥ Whole Grain Crackers 1/3♥ Berries or Melon 3/4♥ Hard Boiled Eggs 1♥	Raw Veggies w/ FIX approved dressing or Pumpkin Seeds 1 2/3♥ 1♥ Whole Grain Crackers 1 1/2♥ Hard Boiled Eggs 1♥	Raw Veggies 1 1/3♥ Whole Grain Crackers 1/3♥ Berries or Melon 3/4♥ Hard Boiled Eggs 1♥
<b>Dinner</b>	<a href="#">Shepherd's Pie</a> 1♥ 1♥ 1♥ 1 1/2✂ Roasted veggies w/ oil 1♥ 1/2✂	<a href="#">Sausage and Cauliflower Casserole</a> 1♥ 1 1/4♥ 1/4♥ Roasted veggies w/ oil 1♥ 1/2✂	<a href="#">Healthy Chicken Ramen Noodle Stir Fry</a> 1♥ 1♥ 1♥ 1 1/3✂ Roasted veggies w/ oil 1♥ 1/2✂	<a href="#">Italian Chicken Skillet</a> 1/4♥ 1♥ 3/4♥ w/ 3/4 c. Broccoli & Whole Grain Pasta 3/4♥ 1♥	<a href="#">Zuppa Toscana</a> 1♥ 1♥ 1♥ 1/3♥
<b>Snack</b>	Berries or Melon 3/4♥ <a href="#">Whipped Ricotta</a> or Greek Yogurt 1♥	Treat Swap 1♥ <a href="#">Whipped Ricotta</a> or Greek Yogurt 1♥	Treat Swap 1♥ <a href="#">Whipped Ricotta</a> or Greek Yogurt 1♥	Berries or Melon 1♥ <a href="#">Whipped Ricotta</a> or Greek Yogurt 1♥	Treat Swap 1♥ <a href="#">Whipped Ricotta</a> or Greek Yogurt 1♥