




















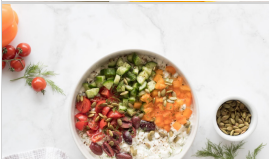
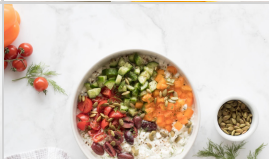
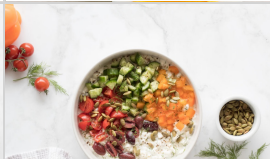











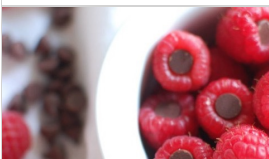

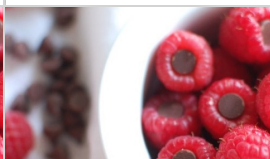






	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blended Chocolate Chip Cookie Dough Overnight...	 Blended Chocolate Chip Cookie Dough Overnight...	 Blended Chocolate Chip Cookie Dough Overnight...	 Microwave Meal Prep Mason Jar Omelette	 Microwave Meal Prep Mason Jar Omelette	 Apple Pie Protein Pancakes	 Apple Pie Protein Pancakes
Breakfast	 Blackberries	 Blackberries	 Blackberries	 Avocado	 Avocado	 Chicken Breakfast Sausages	 Chicken Breakfast Sausages
Lunch	 0.5 Hard Boiled Eggs	 0.5 Hard Boiled Eggs	 0.5 Hard Boiled Eggs	 Crunchy Radish & Celery Shredded Chicken Salad	 Crunchy Radish & Celery Shredded Chicken Salad	 Shredded Chicken	 Shredded Chicken
Snack 2	 Mediterranean Veggie Cottage Cheese Bowl	 Mediterranean Veggie Cottage Cheese Bowl	 Mediterranean Veggie Cottage Cheese Bowl	 Apple with Almond Butter	 Apple with Almond Butter	 Hearty Bean & Feta Chopped Salad	 Hearty Bean & Feta Chopped Salad
Dinner	 Chicken & Cauliflower Squash Gratin	 Chicken & Cauliflower Squash Gratin	 Chicken & Cauliflower Squash Gratin	 Lemon Basil Shrimp & Beans with Steamed Veggies	 Lemon Basil Shrimp & Beans with Steamed Veggies	 Lentil, Bean & Turkey Chili	 Lentil, Bean & Turkey Chili
Snack 3	 Chocolate Stuffed Raspberries	 Chocolate Stuffed Raspberries	 Chocolate Stuffed Raspberries	 Cinnamon Roll Mug Cake	 Cinnamon Roll Mug Cake	 Cheese Stick & Blueberries	 Cheese Stick & Blueberries

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  37%	Fat  37%	Fat  37%	Fat  37%	Fat  37%	Fat  38%	Fat  38%
Carbs  32%	Carbs  32%	Carbs  32%	Carbs  30%	Carbs  30%	Carbs  33%	Carbs  33%
Protein  31%	Protein  31%	Protein  31%	Protein  33%	Protein  33%	Protein  29%	Protein  29%
Calories 1488	Calories 1488	Calories 1488	Calories 1464	Calories 1464	Calories 1489	Calories 1489
Fat 62g	Fat 62g	Fat 62g	Fat 62g	Fat 62g	Fat 63g	Fat 63g
Carbs 120g	Carbs 120g	Carbs 120g	Carbs 112g	Carbs 112g	Carbs 123g	Carbs 123g
Fiber 33g	Fiber 33g	Fiber 33g	Fiber 34g	Fiber 34g	Fiber 35g	Fiber 35g
Sugar 40g	Sugar 40g	Sugar 40g	Sugar 43g	Sugar 43g	Sugar 31g	Sugar 31g
Protein 115g	Protein 115g	Protein 115g	Protein 126g	Protein 126g	Protein 111g	Protein 111g
Cholesterol 321mg	Cholesterol 321mg	Cholesterol 321mg	Cholesterol 710mg	Cholesterol 710mg	Cholesterol 355mg	Cholesterol 355mg
Sodium 1942mg	Sodium 1942mg	Sodium 1942mg	Sodium 1173mg	Sodium 1173mg	Sodium 2775mg	Sodium 2775mg
Vitamin A 9647IU	Vitamin A 9647IU	Vitamin A 9647IU	Vitamin A 7671IU	Vitamin A 7671IU	Vitamin A 3413IU	Vitamin A 3413IU
Vitamin C 231mg	Vitamin C 231mg	Vitamin C 231mg	Vitamin C 149mg	Vitamin C 149mg	Vitamin C 98mg	Vitamin C 98mg
Calcium 1090mg	Calcium 1090mg	Calcium 1090mg	Calcium 1070mg	Calcium 1070mg	Calcium 623mg	Calcium 623mg
Iron 13mg	Iron 13mg	Iron 13mg	Iron 10mg	Iron 10mg	Iron 19mg	Iron 19mg
Vitamin D 136IU	Vitamin D 136IU	Vitamin D 136IU	Vitamin D 131IU	Vitamin D 131IU	Vitamin D 49IU	Vitamin D 49IU
Vitamin B12 69.8µg	Vitamin B12 69.8µg	Vitamin B12 69.8µg	Vitamin B12 2.4µg	Vitamin B12 2.4µg	Vitamin B12 2.8µg	Vitamin B12 2.8µg
Magnesium 373mg	Magnesium 373mg	Magnesium 373mg	Magnesium 361mg	Magnesium 361mg	Magnesium 256mg	Magnesium 256mg