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Breakfast							
	Cinnamon Roll Protein Pancakes	Cinnamon Roll Protein Pancakes	Cinnamon Roll Protein Pancakes	Cranberry Orange Yogurt Bowl	Cranberry Orange Yogurt Bowl	Egg White, Kale & Mushroom Winter Skillet	Egg White, Kale & Mushroom Winter Skillet
Breakfast							
	Chia Water	Chia Water	Chia Water	Blackberries	Blackberries	Avocado	Avocado
Lunch							
	Canned Tuna	Canned Tuna	Canned Tuna	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs
Lunch							
	Mediterranean Veggie Cottage Cheese Bowl	Mediterranean Veggie Cottage Cheese Bowl	Mediterranean Veggie Cottage Cheese Bowl	Chickpea & Parsley Quinoa	Chickpea & Parsley Quinoa	Mediterranean Roasted Tomato & Chickpea Bowl	Mediterranean Roasted Tomato & Chickpea Bowl
Dinner							
	Lemon Basil Shrimp & Beans with Steamed Veggies	Lemon Basil Shrimp & Beans with Steamed Veggies	Lemon Basil Shrimp & Beans with Steamed Veggies	Roasted Chickpea, Tempeh & Cauliflower Bowl	Roasted Chickpea, Tempeh & Cauliflower Bowl	One Pot Cod & Vegetable Quinoa Soup	One Pot Cod & Vegetable Quinoa Soup
Snack							
	Almonds & Raspberries	Almonds & Raspberries	Almonds & Raspberries	Chocolate-Raspberry Protein Yogurt Whip	Chocolate-Raspberry Protein Yogurt Whip	Chocolate-Raspberry Protein Yogurt Whip	Chocolate-Raspberry Protein Yogurt Whip

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  33%	Fat  33%	Fat  33%	Fat  33%	Fat  39%	Fat  39%
Carbs  31%	Carbs  31%	Carbs  31%	Carbs  39%	Carbs  39%	Carbs  33%	Carbs  33%
Protein  36%	Protein  36%	Protein  36%	Protein  28%	Protein  28%	Protein  28%	Protein  28%
Calories 1407	Calories 1407	Calories 1407	Calories 1555	Calories 1555	Calories 1480	Calories 1480
Fat 53g	Fat 53g	Fat 53g	Fat 60g	Fat 60g	Fat 66g	Fat 66g
Carbs 115g	Carbs 115g	Carbs 115g	Carbs 158g	Carbs 158g	Carbs 126g	Carbs 126g
Fiber 36g	Fiber 36g	Fiber 36g	Fiber 37g	Fiber 37g	Fiber 35g	Fiber 35g
Sugar 25g	Sugar 25g	Sugar 25g	Sugar 35g	Sugar 35g	Sugar 23g	Sugar 23g
Protein 133g	Protein 133g	Protein 133g	Protein 112g	Protein 112g	Protein 108g	Protein 108g
Cholesterol 415mg	Cholesterol 415mg	Cholesterol 415mg	Cholesterol 420mg	Cholesterol 420mg	Cholesterol 633mg	Cholesterol 633mg
Sodium 1993mg	Sodium 1993mg	Sodium 1993mg	Sodium 686mg	Sodium 686mg	Sodium 2615mg	Sodium 2615mg
Vitamin A 6635IU	Vitamin A 6635IU	Vitamin A 6635IU	Vitamin A 5226IU	Vitamin A 5226IU	Vitamin A 11690IU	Vitamin A 11690IU
Vitamin C 249mg	Vitamin C 249mg	Vitamin C 249mg	Vitamin C 127mg	Vitamin C 127mg	Vitamin C 53mg	Vitamin C 53mg
Calcium 1100mg	Calcium 1100mg	Calcium 1100mg	Calcium 1229mg	Calcium 1229mg	Calcium 833mg	Calcium 833mg
Iron 14mg	Iron 14mg	Iron 14mg	Iron 15mg	Iron 15mg	Iron 15mg	Iron 15mg
Vitamin D 129IU	Vitamin D 129IU	Vitamin D 129IU	Vitamin D 209IU	Vitamin D 209IU	Vitamin D 220IU	Vitamin D 220IU
Vitamin B12 5.8µg	Vitamin B12 5.8µg	Vitamin B12 5.8µg	Vitamin B12 1.8µg	Vitamin B12 1.8µg	Vitamin B12 2.9µg	Vitamin B12 2.9µg
Magnesium 471mg	Magnesium 471mg	Magnesium 471mg	Magnesium 376mg	Magnesium 376mg	Magnesium 367mg	Magnesium 367mg