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Breakfast	 Chocolate Pear Protein Chia Pudding	 Chocolate Pear Protein Chia Pudding	 Raspberry Pecan Chia Pudding	 Raspberry Pecan Chia Pudding	 Raspberry Pecan Chia Pudding	 Egg White Salsa Bowl	 Egg White Salsa Bowl
Lunch	 Canned Salmon	 Canned Salmon	 Canned Tuna	 Canned Tuna	 Canned Tuna	 Edamame & Quinoa Salad with Maple Sesame Dressing	 Edamame & Quinoa Salad with Maple Sesame Dressing
Lunch	 Lentil & Purple Cabbage Salad	 Lentil & Purple Cabbage Salad	 Lentil Chickpea Salad	 Lentil Chickpea Salad	 Lentil Chickpea Salad	 Water	 Water
Dinner	 Air Fryer Steak Fajitas	 Air Fryer Steak Fajitas	 Chicken & Squash Bowl with Tahini	 Chicken & Squash Bowl with Tahini	 Lentil, Bean & Turkey Chili	 Lentil, Bean & Turkey Chili	 Lentil, Bean & Turkey Chili
Hydrate!	 Water	 Water	 Water	 Water	 Water	 Water	 Water
Snack	 Pumpkin Tahini Energy Balls	 Pumpkin Tahini Energy Balls	 Pumpkin Tahini Energy Balls	 Pumpkin Tahini Energy Balls	 Collagen Hot Cocoa	 Collagen Hot Cocoa	 Collagen Hot Cocoa

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  35%	Fat  35%	Fat  40%	Fat  40%	Fat  32%	Fat  34%	Fat  34%
Carbs  34%	Carbs  34%	Carbs  30%	Carbs  30%	Carbs  33%	Carbs  35%	Carbs  35%
Protein  31%	Protein  31%	Protein  30%	Protein  30%	Protein  35%	Protein  31%	Protein  31%
Calories 1570	Calories 1570	Calories 1567	Calories 1567	Calories 1481	Calories 1486	Calories 1486
Fat 63g	Fat 63g	Fat 73g	Fat 73g	Fat 54g	Fat 58g	Fat 58g
Carbs 135g	Carbs 135g	Carbs 121g	Carbs 121g	Carbs 129g	Carbs 137g	Carbs 137g
Fiber 36g	Fiber 36g	Fiber 42g	Fiber 42g	Fiber 57g	Fiber 47g	Fiber 47g
Sugar 22g	Sugar 22g	Sugar 17g	Sugar 17g	Sugar 23g	Sugar 33g	Sugar 33g
Protein 122g	Protein 122g	Protein 122g	Protein 122g	Protein 135g	Protein 118g	Protein 118g
Cholesterol 198mg	Cholesterol 198mg	Cholesterol 223mg	Cholesterol 223mg	Cholesterol 149mg	Cholesterol 86mg	Cholesterol 86mg
Sodium 3560mg	Sodium 3560mg	Sodium 980mg	Sodium 980mg	Sodium 1209mg	Sodium 2849mg	Sodium 2849mg
Vitamin A 7986IU	Vitamin A 7986IU	Vitamin A 19931IU	Vitamin A 19931IU	Vitamin A 4016IU	Vitamin A 3963IU	Vitamin A 3963IU
Vitamin C 116mg	Vitamin C 116mg	Vitamin C 126mg	Vitamin C 126mg	Vitamin C 103mg	Vitamin C 64mg	Vitamin C 64mg
Calcium 1226mg	Calcium 1226mg	Calcium 1212mg	Calcium 1212mg	Calcium 1331mg	Calcium 776mg	Calcium 776mg
Iron 16mg	Iron 16mg	Iron 20mg	Iron 20mg	Iron 25mg	Iron 20mg	Iron 20mg
Vitamin D 1360IU	Vitamin D 1360IU	Vitamin D 156IU	Vitamin D 156IU	Vitamin D 195IU	Vitamin D 41IU	Vitamin D 41IU
Vitamin B12 10.5µg	Vitamin B12 10.5µg	Vitamin B12 5.8µg	Vitamin B12 5.8µg	Vitamin B12 6.5µg	Vitamin B12 1.9µg	Vitamin B12 1.9µg
Magnesium 300mg	Magnesium 300mg	Magnesium 443mg	Magnesium 443mg	Magnesium 379mg	Magnesium 457mg	Magnesium 457mg