



Week 1	Breakfast.	Snack #1	Lunch	Snack #2	Dinner	Dessert
Monday	Parfait: 241cal. 28P. 8F. 15NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Fish tacos: 298cal. 30P. 12F. 15NC	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Chicken Marsala + 1 Cup Steamed Broccoli . Cal: 310. Protein 43, Fat 8, Net Carb 8	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7
Tuesday	Parfait: 241cal. 28P. 8F. 15NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Chicken Marsala + 1 Cup Steamed Broccoli . Cal: 310. Protein 43, Fat 8, Net Carb 8	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Fish tacos: 298cal. 30P. 12F. 15NC	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7
Wednesday	Parfait: 241cal. 28P. 8F. 15NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Fish tacos: 298cal. 30P. 12F. 15NC	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Cumin Rubbed Steak / harissa sweet potatoes. 338cal. 36P. 15F. 13NC.	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7
Thursday	2 egg muffins: 272cal. 24P. 14F. 5 NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Fish tacos: 298cal. 30P. 12F. 15NC	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Chicken Marsala + 1 Cup Steamed Broccoli . Cal: 310. Protein 43, Fat 8, Net Carb 8	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7
Friday	2 egg muffins: 272cal. 24P. 14F. 5 NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Chicken Marsala + 1 Cup Steamed Broccoli . Cal: 310. Protein 43, Fat 8, Net Carb 8	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Cumin Rubbed Steak / harissa sweet potatoes. 338cal. 36P. 15F. 13NC.	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7
Saturday	2 egg muffins: 272cal. 24P. 14F. 5 NC	Strawberry Milk Smoothie. 179Cal. 11P. 9F. 10NC	Philly Cheesesteak Stuffed Pepper. Cal 418. Protein 43. Fat 23. Net Carb 12	Parmesan Kale Chips. Cal; 190. Protein 6. Fat 16. Net Carb 10.	Cumin Rubbed Steak / harissa sweet potatoes. 338cal. 36P. 15F. 13NC.	Pudding Pops: Cal: 109. Protein: 14. Fat: 1. Net Carb: 7