



Week 2	Breakfast	Snack #1	Lunch	Snack #2	Dinner	Dessert
Monday	Egg Bake: 337cal. 26P. 24F. 4NC	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	Tamarind Shrimp Stew w/ cauliflower rice: 338 cal. 63P. 5F.18NC	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal. 5P. 7F. 2NC	BBQ Chicken w/ Pumpkin Cheesey Grits. 329cal. 35P. 14F. 15NC	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
Tuesday	Egg Bake: 337cal. 26P. 24F. 4NC	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	BBQ Chicken w/ Pumpkin Cheesey Grits. 329cal. 35P. 14F. 15NC	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal. 5P. 7F. 2NC	Tamarind Shrimp Stew w/ cauliflower rice: 338 cal. 63P. 5F.18NC	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
Wednesday	Egg Bake: 337cal. 26P. 24F. 4NC	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	Salmon w/ Fennel Apple Slaw. Cal 475.Protein: 44. Net Carb: 9. Fat: 28	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal. 5P. 7F. 2NC	KALE PESTO LAMB CHOPS. Cal: 372. Protein 21. Net Carb 5.	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
Thursday	Egg Bake: 337cal. 26P. 24F. 4NC	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	Kale Pesto Lamb Chops. Cal: 372. Protein 21. Net Carb 5. Fat: 31	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal. 5P. 7F. 2NC	Tamarind Shrimp Stew w/ cauliflower rice: 338 cal. 63P. 5F.18NC	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
Friday	Sweet Potato Pancetta Hash. Cal: 280. Protein: 20. net Carb: 10. Fat 17.	Avacado Mojito Smoothie: 180 Cal. Protein: 14. Net Carb: 10. Fat: 5	Kale Pesto Lamb Chops. Cal: 372. Protein 21. Net Carb 5. Fat: 31	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal. 5P. 7F. 2NC	Salmon w/ Fennel Apple Slaw. Cal 475.Protein: 44. Net Carb: 9. Fat: 28	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
Saturday	Sweet Potato Pancetta Hash. Cal: 280. Protein: 20. net Carb: 10. Fat 17.	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	Salmon w/ Fennel Apple Slaw. Cal 475.Protein: 44. Net Carb: 9. Fat: 28	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal. 5P. 7F. 2NC	BBQ Chicken w/ Pumpkin Cheesey Grits. 329cal. 35P. 14F. 15NC	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC
Sunday	Sweet Potato Pancetta Hash. Cal: 280. Protein: 20. net Carb: 10. Fat 17.	Red Velvet Smoothie: 160cal. 10P. 8F. 8NC	KALE PESTO LAMB CHOPS. Cal: 372. Protein 21. Net Carb 5. Fat: 31	Pistachio Lemongrass Dip + 1/2Cup Cauliflower: 96cal. 5P. 7F. 2NC	Salmon w/ Fennel Apple Slaw. Cal 475.Protein: 44. Net Carb: 9. Fat: 28	Chocolate Pistachio Balls: 84cal. 8P. 4F. 8NC