



Week 3	Breakfast	Snack #1	Lunch	Snack #2	Dinner	Dessert
<b>Monday</b>	Black Eyed Pea Greens Eggs and Ham. Cal: 290. Protein 35. Fat 10. Net Carb 9.	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Tumeric Lamb w/ Cucumber Salad: 315cal. 25P. 21F. 7NC	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Coconut Lemongrass Pork. Cal; 283. Protein 26. Fat 16. Net Carb 9.	Chocolate Almonds: 114cal. 9P. 9F. 3NC
<b>Tuesday</b>	Black Eyed Pea Greens Eggs and Ham. Cal: 290. Protein 35. Fat 10. Net Carb 9.	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Haddock Parmesan w/ Asparagus: Cal: 310. Protein 40. Fat: 24. Net Carb:	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Tumeric Lamb w/ Cucumber Salad: 315cal. 25P. 21F. 7NC	Chocolate Almonds: 114cal. 9P. 9F. 3NC
<b>Wednesday</b>	Black Eyed Pea Greens Eggs and Ham. Cal: 290. Protein 35. Fat 10. Net Carb 9.	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Shaved Brussel Sprout Salad w. Steak. Cal 315. Protein 25. Fat: 22. Net Carb: 6.	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Coconut Lemongrass Pork. Cal; 283. Protein 26. Fat 16. Net Carb 9.	Chocolate Almonds: 114cal. 9P. 9F. 3NC
<b>Thursday</b>	Black Eyed Pea Greens Eggs and Ham. Cal: 290. Protein 35. Fat 10. Net Carb 9.	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Coconut Lemongrass Pork. Cal; 283. Protein 26. Fat 16. Net Carb 9.	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Tumeric Lamb w/ Cucumber Salad: 315cal. 25P. 21F. 7NC	Chocolate Almonds: 114cal. 9P. 9F. 3NC
<b>Friday</b>	Breakfast Burrito: 295cal. 20P. 16F. 13NC	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Tumeric Lamb w/ Cucumber Salad: 315cal. 25P. 21F. 7NC	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Coconut Lemongrass Pork. Cal; 283. Protein 26. Fat 16. Net Carb 9.	Chocolate Almonds: 114cal. 9P. 9F. 3NC
<b>Saturday</b>	Breakfast Burrito: 295cal. 20P. 16F. 13NC	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Tumeric Lamb w/ Cucumber Salad: 315cal. 25P. 21F. 7NC	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Coconut Lemongrass Pork. Cal; 283. Protein 26. Fat 16. Net Carb 9.	Chocolate Almonds: 114cal. 9P. 9F. 3NC
<b>Sunday</b>	Breakfast Burrito: 295cal. 20P. 16F. 13NC	Carrot Cake Smoothie: 205cal. 11P. 12F. 9NC	Shaved Brussel Sprout Salad w. Steak. Cal 315. Protein 25. Fat: 22. Net Carb: 6.	Deviled Eggs: 263 cal. 13P. 23F. 1NC.	Haddock Parmesan w/ Asparagus: Cal: 310. Protein 40. Fat: 24. Net Carb:	Chocolate Almonds: 114cal. 9P. 9F. 3NC

