



Week 4	Breakfast	Snack #1	Lunch	Snack #2	Dinner	Dessert
<b>Monday</b>	Classic Scrambled Eggs. 320. Protein 30. Fat 28. Net Carb 4.	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	Chili. 236Cal. 25P. 13F. 4NC	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	Greek Turkey Meat Loaf, yogurt mint sauce, eggplant. Cal: 330. Protein 32. Fat 17. Net Carb 4.	Pumpkin Mousse. 131cal. 8P. 12F. 1NC
<b>Tuesday</b>	Classic Scrambled Eggs. 320. Protein 30. Fat 28. Net Carb 4.	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	Greek Turkey Meat Loaf, yogurt mint sauce, eggplant. Cal: 330. Protein 32. Fat 17. Net Carb 4.	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	Chicken Florentine Roll Up. Cal: 300. Prtoein 39. Fat 13. Net Carb 4.	Pumpkin Mousse. 131cal. 8P. 12F. 1NC
<b>Wednesday</b>	Classic Scrambled Eggs. 320. Protein 30. Fat 28. Net Carb 4.	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	Chili. 236Cal. 25P. 13F. 4NC	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	Chicken Florentine Roll Up. Cal: 300. Prtoein 39. Fat 13. Net Carb 4.	Pumpkin Mousse. 131cal. 8P. 12F. 1NC
<b>Thursday</b>	Classic Scrambled Eggs. 320. Protein 30. Fat 28. Net Carb 4.	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	orange chicken and broccoli: 280cal. 29P. 13F. 8NC	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	Turkey Black Eyed Pea Chili Verde. Cal: 240. Protien 30. Fat: 10. Net Carb: 10.	Pumpkin Mousse. 131cal. 8P. 12F. 1NC
<b>Friday</b>	Pancetta Basil Egg Muffins. 305cal. 19P. 15F. 2NC	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	Chicken Florentine Roll Up. Cal: 300. Protein 39. Fat 13. Net Carb 4.	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	Collard Wrapped Salmon w/ 1/4 cup dill sauce. Cal 400. Protein 39gm. Fat 24gm. Net Carb 3gm.	Pumpkin Mousse. 131cal. 8P. 12F. 1NC
<b>Saturday</b>	Pancetta Basil Egg Muffins. 305cal. 19P. 15F. 2NC	frozen yogurt snack bar. Cal 126. Protein 10. Fat: 4. Net Carb: 10	Collard Wrapped Salmon w/ 1/4 cup dill sauce. Cal 400. Protein 389m. Fat 24gm. Net Carb 3gm.	sweet potato hummus. + broccoli : 210. Protein 9. Fat: 6. Net Carb 9.	orange chicken and broccoli: 280cal. 29P. 13F. 8NC	Pumpkin Mousse. 131cal. 8P. 12F. 1NC