



Week 5	Breakfast	Snack #1	Lunch	Snack #2	Dinner	Dessert
Monday	Open Face Egg and Cottage Cheese. Cal 382. Protein 31. Fat 24. Net Carb 9	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Mustard Chicken and Shredded Sprouts. Cal 260. 29P. 12F. 8NC	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Chicken Tikka Masala. Cal 274. Protein 36. Fat 8. Net Carb 10	Instant apple crisp. Cal 172. 6P. 7F. 12NC
Tuesday	Open Face Egg and Cottage Cheese. Cal 382. Protein 31. Fat 24. Net Carb 9	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Mustard Chicken and Shredded Sprouts. Cal 260. 29P. 12F. 8NC	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Chicken Tikka Masala. Cal 274. Protein 36. Fat 8. Net Carb 10	Instant apple crisp. Cal 172. 6P. 7F. 12NC
Wednesday	Open Face Egg and Cottage Cheese. Cal 382. Protein 31. Fat 24. Net Carb 9	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Smoked Paprika Shrimp and Kale. Cal: 241. Protein 41. Fat 11. NC 7.	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Mustard Chicken and Shredded Sprouts. Cal 260. 29P. 12F. 8NC	Instant apple crisp. Cal 172. 6P. 7F. 12NC
Thursday	Open Face Egg and Cottage Cheese. Cal 382. Protein 31. Fat 24. Net Carb 9	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Chicken Tikka Masala. Cal 274. Protein 36. Fat 8. Net Carb 10	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Steak w/ Chimichurri Sauce. Cal 408. Protein 36. Fat 27. Net Carb 10.	Instant apple crisp. Cal 172. 6P. 7F. 12NC
Friday	Cauliflower Egg Fritter with "sour cream" Cal 274. Protein- 24. Fat 13. Net Carb 7.	Homemade Protein bar- Cal: 143. Protein 9. Fat: 6. Net Carb 11.	Smoked Paprika Shrimp and Kale. Cal: 241. Protein 41. Fat 11. NC 7.	mozzarella sticks w. (tomato sauce optional). Cal 132. Protein 10. Fat: 7. Net Carb 5.	Mustard Chicken and Shredded Sprouts. Cal 260. 29P. 12F. 8NC	Instant apple crisp. Cal 172. 6P. 7F. 12NC
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