



Week 6	Breakfast	Snack #1	Lunch	Snack #2	Dinner	Dessert
Monday	Egg Frittata. 285cal. 26P. 15F. 8NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Pistachio Lemon Grass Crusted Mahi Mahi. + Asparagus. Cal; 310. Protein 40. Fat 13. net Carb 5.	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Lemon Tarragon Chicken w/ Zucchini Ribbons. Cal 290. Protein 33. Fat 11. Net Carb 7.	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
Tuesday	Egg Frittata. 285cal. 26P. 15F. 8NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Pistachio Lemon Grass Crusted Mahi Mahi. + Asparagus. Cal; 310. Protein 40. Fat 13. net Carb 5.	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Lemon Tarragon Chicken w/ Zucchini Ribbons. Cal 290. Protein 33. Fat 11. Net Carb 7.	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
Wednesday	Egg Frittata. 285cal. 26P. 15F. 8NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Shrimp Pistachio Mint Salad- Cal 240. Protien 36. Fat12. Net Carb:7.	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Lamb Chops with Mint Pea Sauce. Cal 280. Protein 31. Fat 11. Net Carb 8	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
Thursday	Egg Frittata. 285cal. 26P. 15F. 8NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Lamb Chops with Mint Pea Sauce. Cal 280. Protein 31. Fat 11. Net Carb 9	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Pistachio Lemon Grass Crusted Mahi Mahi. + Asparagus. Cal; 310. Protein 40. Fat 13. net Carb 5.	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
Friday	Smoked Salmon Cucumber bites. 285cal. 27P. 16F. 2NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Lamb Chops with Mint Pea Sauce. Cal 280. Protein 31. Fat 11. Net Carb 9	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Lemon Tarragon Chicken w/ Zucchini Ribbons. Cal 290. Protein 33. Fat 11. Net Carb 7.	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
Saturday	Smoked Salmon Cucumber bites. 285cal. 27P. 16F. 2NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Lemon Tarragon Chicken w/ Zucchini Ribbons. Cal 290. Protein 33. Fat 11. Net Carb 7.	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Shrimp Pistachio Mint Salad- Cal 240. Protien 36. Fat12. Net Carb:7.	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8
Sunday	Smoked Salmon Cucumber bites. 285cal. 27P. 16F. 2NC	Vanilla Cinamon Almonds. 155cal. 6P. 12F. NC3	Lamb Chops with Mint Pea Sauce. Cal 280. Protein 31. Fat 11. Net Carb 9	Date & Seed Bars. Cal: 131. Protein 10. Fat 7. net Carb 10.	Shrimp Pistachio Mint Salad- Cal 240. Protien 36. Fat12. Net Carb:7.	peppermint yogurt bark . Cal 96.. Protein 8. Fat 4. net Carb 8