

	<b>Breakfast 1</b>	<b>Breakfast 2</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>
<b>Week 1</b> Jan 7th-13th	Chocolate Chip Protein Pancakes, Scrambled Eggs, Ham	Smothered Breakfast Burrito	Grilled Steak Baked Potato Collard Greens	Seared Tilapia Jasmine Rice Bok Choy	Roasted Turkey Cubed, Roasted butternut squash Roasted Brussel Sprouts
<b>Week 2</b> Jan 14th-20th	Blueberry Protein Pancake, Scrambled Eggs, Mixed Fruit	Cinnamon Roll Protein Waffle Spinach & Tomato Frittata Mixed Fruit	Smoked Pulled Pork Roasted Red Potatoes Zucchini Squash	Grilled Salmon Toasted Farro Roasted Beets	Baked Chicken Breast Quinoa blend Broccoli
<b>Week 3</b> Jan 21st-27th	Breakfast Tower	Ham, Spinach and Tomato Frittata, Mixed Fruit	Ground Beef Brown Rice Roasted Bell Peppers & Onion	Garlic Sauteed Shrimp Whole Grain Pasta Green beans	Ground Turkey Romaine boats/diced tomato Black Beans
<b>Week 4</b> Jan 28th - Feb 3rd	Chocolate Chip Protein Pancakes, Scrambled Eggs, Ham	South of the Border Breakfast w/ Chorizo Sausage Scrambled egg whites Roasted Potatoes	Roasted Pork Loin Potato/Cauliflower mash & Chive Swiss chard	Baked Tilapia w/ lemon Bulgar Wheat Vegetable Salad (Red Onion, Red Pepper, eggplant)	Pulled Chipotle Chicken Corn Tortillas (2) Kale Salad
<b>Week 5</b> Feb 4th-10th	Blueberry Protein Pancake, Scrambled Eggs, Mixed Fruit	Smothered Breakfast Burrito	Shaved Beef Israeli cous cous Spinach/ Mushroom/ Onion	Baked Salmon (sesame/teriyaki) Brown Rice Pilaf Roasted carrots	Turkey Burger Patty Yam wedges roasted Green Beans
<b>Week 6</b> Feb 11th-17th	Breakfast Tower	Cinnamon Roll Protein Waffle Spinach & Tomato Frittata Mixed Fruit	Beef Meatballs Tzatziki Sauce Diced Tomato, Red Onion, Cucumbers Quinoa	Chili Lime Tilapia Filets Wild Rice Brussel sprouts	Balsamic Chicken/ Onions Whole Grain Pasta Roasted Garlic Tomatoes

	<b>Breakfast 1</b>	<b>Breakfast 2</b>	<b>Meal 1</b>	<b>Meal 2</b>	<b>Meal 3</b>
<b>Week 7</b> Feb 18th-24th	Chocolate Chip Protein Pancakes, Scrambled Eggs, Ham	Ham, Spinach and Tomato Frittata, Mixed Fruit	Beef Roast Smashed fingerling potatoes Green Beans	Rolled & Stuffed Tilapia (Stuffed with 4 oz spinach & Feta) Black Quinoa	Smoked Turkey Yam Mash Green Beans
<b>Week 8</b> Feb 25th - Mar 3rd	Blueberry Protein Pancake, Scrambled Eggs, Mixed Fruit	South of the Border Breakfast w/ Chorizo Sausage Scrambled egg whites Roasted Potatoes	Cubed Steak Red Quinoa blend Cauliflower	Salmon Bowl (sweet chili) Farro Edamame, Shredded Carrots	Ground Chicken Green Cabbage Wraps Corn/tomato/jalepeno blend Brown Rice
<b>Week 9</b> Mar 4th-10th	Breakfast Tower	Smothered Breakfast Burrito	Carnitas Bowl Brown rice w/ Cilantro Corn, Peppers, Red Onion	Shrimp 2 Corn Tortillas Tomato, lettuce, onion Raw Shaved brussel sprout, Kale salad	Turkey Meatloaf Potato & Parsnip Mash Roasted Carrots
<b>Week 10</b> Mar 11th-17th	Chocolate Chip Protein Pancakes, Scrambled Eggs, Ham	Cinnamon Roll Protein Waffle Spinach & Tomato Frittata Mixed Fruit	Korean ground beef White Rice Broccolini	Tilapia w/ Kale Pesto Whole grain pasta Roasted tomatoes & onions	Pulled Chicken Cabbage slaw Pinto Beans
<b>Week 11</b> Mar 18th-24th	Blueberry Protein Pancake, Scrambled Eggs, Mixed Fruit	Ham, Spinach and Tomato Frittata, Mixed Fruit	Grilled Steak Asparagus Toasted Barley salad	Chili Shrimp Jasmine Rice Sugar Snap Peas	Turkey Breast Grilled Sliced Yams Spinach
<b>Week 12</b> Mar 25th-31st	Breakfast Tower	South of the Border Breakfast w/ Chorizo Sausage Scrambled egg whites Roasted Potatoes	Pork loin Steamed Apples Jasmine Rice	Baked Lemon Tilapia Winter Quinoa Salad w/ Fennel Delicata squash	Peanut Chicken Brown rice Bok choy