



## Menu for the Standard Meal Plan

Week	Meal 1	Meal 2	Meal 3
01/03/22 - 01/09/22	Honey Mustard Salmon with Brown Rice and Asparagus	Greek Chicken with Barley, Olives, Tomatoes, Cucumber	Sweet Potato Hash with Turkey
01/10/22 - 01/16/22	Lean Ground Pork, Cabbage Egg Roll in a Bowl with Rice	Garlic Chicken Pasta With Tomatoes and Spinach	Steak Fajitas with Peppers, Onions and Mexican Rice
01/17/22 - 01/23/22	Beef Barbacoa, Cilantro Lime Rice and Pickled Red Cabbage Slaw	Blackened Chicken with Red Beans, Rice, Tomatoes, Onions and Mango Salsa	Ground Turkey Meatloaf with Carrots, Broccoli and Mash Potatoes
01/24/22 - 01/30/22	Mongolian Beef with Rice and Broccoli	Curry Rubbed Chicken with Root Vegetables and Noodles	Roasted Pork Loin, Sweet Potatoes, Baked Apples and Grilled Asparagus
01/31/22 - 02/06/22	Cilantro Lime Shrimp, with Pineapple	Chicken Stir Fry with Peanut Sauce and Quinoa	Beef Taco Bowl
02/07/22 - 02/13/22	Seasoned Steak with Peppers, Onions and Flat Bread	Green Chile Pork Pot Roast with Potatoes	Jerk Chicken Salad with Farro, Blackened Cauliflower and Mango Salsa



Week	Meal 1	Meal 2	Meal 3
02/14/22 - 02/20/22	Shrimp Pad Thai with Snap Peas and Carrots	Ground Turkey Poblano Bowl	Chopped Chicken W/Coconut + Coleslaw and Butternut Squash
02/21/22 - 02/27/22	Chicken Pesto with Spinach, Tomatoes and Pasta	Shepherds Pie	Cajun Stir Fry
02/28/22 - 03/06/22	Beef Quesadillas With Onions, Tomatoes, Spinach and Cheese	Garlic Parmesan Pork Loin with Asparagus and Wild Rice	Roasted Chicken Thighs with Potatoes, Peppers and Brussel Sprouts
03/07/22 - 03/13/22	Shrimp Fried Rice	Italian Beef with Orzo Pasta and Tomatoes	Loaded Sweet Potatoes



Week	Meal 1	Meal 2	Meal 3
03/14/22 - 03/20/22	Herb Rubbed Turkey with Beets and Citrus Couscous	Cashew Chicken Broccoli, Peppers and Rice	Chipotle Flank Steak with Sautéed Mushrooms and Quinoa
03/21/22 - 03/27/22	Roasted Garlic Chicken with Bulgur and Kale	Teriyaki Chicken, Rice, Black Beans, Broccoli and Pineapple	Pork Carnitas with Corn Salad
03/28/22 - 04/03/22	Shrimp Scampi with Whole Wheat Pasta and Zucchini	Steak with Green Beans, Seared Fennel and Roasted Potato	Tuscan Pork Chops with Wild Rice and Cauliflower



## Menu for the Lean Meal Plan

Week of	Meal 1	Meal 2	Meal 3
01/03/22 - 01/09/22	Honey Mustard Salmon with Asparagus	Greek Chicken with Red Onions, Olives, Tomatoes, Cucumber	Lean Turkey Hash
01/10/22 - 01/16/22	Pork Egg Roll in a Bowl	Garlic Chicken With Tomatoes and Spinach	Steak Fajitas with Peppers and Onions
01/17/22 - 01/23/22	Beef Barbacoa and Pickled Red Cabbage Slaw	Blackened Chicken with Tomatoes, Onions and Mango	Ground Turkey Meatloaf with Carrots and Broccoli
01/24/22 - 01/30/22	Mongolian Beef and Broccoli	Curry Rubbed Chicken with Root Vegetables and Onions	Roasted Pork Loin and Grilled Asparagus
01/31/22 - 02/06/22	Cilantro Lime Shrimp, with Pineapple	Chicken Stir Fry	Beef Taco Bowl



02/07/22 - 02/13/22	Seasoned Steak with Peppers and Onions	Green Chile Pork Pot Roast	Jerk Chicken Salad with Blackened Cauliflower and Mango Salsa
02/14/22 - 02/20/22	Shrimp with Pad Thai Sauce, Snap Peas and	Ground Turkey Poblano Bowl	Chopped Chicken W/Coconut Coleslaw
02/21/22 - 02/27/22	Chicken Pesto with Spinach and Tomatoes	Lean Shepherd's Pie and Vegetables	Cajun Stir Fry with Sausage, Chicken, Peppers, Onions and Rice
02/28/22 - 03/06/22	Deconstructed Beef Quesadillas With Onions, Tomatoes, Spinach and Cheese	Garlic Parmesan Pork Loin with Asparagus and Caramelized Onions	Roasted Chicken Thighs with Peppers and Brussel Sprouts
03/07/22 - 03/13/22	Shrimp Fried Rice including Carrots, Snap Peas, and Rice	Italian Beef with Orzo Pasta and Tomatoes	Balsamic Chicken Salad with Kale, Tomatoes and Onions
03/14/22 - 03/20/22	Herb Rubbed Turkey with Beets	Cashew Chicken with Broccoli and Peppers	Chipotle Flank Steak with Sautéed Mushrooms



03/21/22 - 03/27/22	Roasted Garlic Chicken with Kale and Yellow Squash	Teriyaki Chicken with Broccoli and Pineapple	Pork Carnitas with Corn Salad
03/28/22 - 04/03/22	Shrimp Scampi with Zucchini and Roasted Tomatoes	Steak with Green Beans and Seared Fennel	Tuscan Pork Chops with Cauliflower and Carrots