



## Menu for the Standard Meal Plan

Week	Meal 1	Meal 2	Meal 3
04/04/22 - 04/10/22	Red Curry Chicken with Broccoli and Jasmine Rice	Seasoned Beef Tacos with Pico, Pickled Cabbage and Flour Tortillas	Teriyaki Pork Loin with Butternut Squash Hash and Sesame Brown Rice
04/11/22 - 04/17/22	Meatloaf with Sweet Potato Wedges and Jicama	Cajun Seared Steak with Asparagus and Wild Rice	Buffalo Chicken with Zesty Cauliflower and Baked Sweet Potato
04/18/22 - 04/24/22	Pesto Steak with Mixed Vegetables and Quinoa	Korean Turkey Bowl	Italian Chicken with Green Beans, Rutabaga and Potatoes
04/25/22 - 05/01/22	Lemon Dill Salmon with Chopped Zucchini and Toasted Farro	Chicken Quesadilla	Barbecue Chicken with Green Beans and Bacon Potato Salad
05/02/22 - 05/08/22	Grilled Chicken with Potatoes and Broccoli	Lemon Pepper Turkey with Pasta, Peppers and Mushrooms	Mediterranean Steak with Pearled Barley, Cucumbers, Tomatoes and Onions
05/09/22 - 05/15/22	Barbecue Pork Loin with Dill Infused Potatoes and Roasted Cauliflower	Ranch Shredded Chicken with Buffalo Potatoes and Roasted Tomatoes	Tuscan Lamb with Butternut Squash Puree and Green Beans



Week	Meal 1	Meal 2	Meal 3
05/16/22 - 05/22/22	Asian Turkey Meatballs with Shredded Carrot Slaw and Mandarin Oranges	Creole Shrimp with Grits and Collard Greens	Greek Chicken with Gremolata, Couscous and Greek Salad
05/23/22 - 05/29/22	Flank Steak with Asparagus and Roasted Garlic Mashed Potatoes	Chipotle Pork with Pickled Cabbage and Flour Tortillas	Rosemary Lemon Chicken with Artichokes, Carrots and Quinoa
05/30/22 - 06/05/22	Sweet and Spicy Pork Chops with Potatoes and Broccoli	Sausage with Yellow Squash Peppers and Brown Rice	Turkey Burger Bowl with Kale Salad and Farro
06/06/22 - 06/12/22	Tuscan Seared Steak with Asparagus and Brown Rice	Beef Taco Bowl with Beans, Cilantro Lime Rice and Zucchini	Chipotle Chicken with Couscous Salad



Week	Meal 1	Meal 2	Meal 3
06/13/22 - 06/19/22	Kalua Pork with Pineapple Rice and Cabbage	Basil Balsamic Chicken with Mozzarella, Tomatoes, Brussel Sprouts and a Whole Grain Roll	Deconstructed Kabobs; Steak, Mushrooms, Onions, Peppers and Potatoes
06/20/22 - 06/26/22	Garlic Butter Chicken, Corn, Potatoes and Cheesy Cauliflower Rice	Pistachio Pesto Grilled Steak with Ancient Grains and Roasted Broccoli	Grilled Honey Glazed Pork Loin with Lemon Orzo, Asparagus and Sliced Almonds
06/27/22 - 07/03/22	Grilled Pork with Mango Puree, Sauteed Spinach and Wild Rice	Caesar Chicken with Kale Salad and Whole Grain Pasta	Barbecue Meatloaf with Roasted Parmesan Broccoli and Sweet Potato Wedges



### Menu for the Lean Meal Plan

Week of	Meal 1	Meal 2	Meal 3
04/04/22 - 04/10/22	Red Curry Chicken with Broccoli and Carrots	Teriyaki Pork Loin and Butternut Squash Hash	Seasoned Beef and Black Bean Taco Bowl with Pickled Cabbage
04/11/22 - 04/17/22	Meatloaf with Jicama and Peppers	Cajun Seared Steak with Asparagus and Brussel Sprouts	Buffalo Chicken with Zesty Cauliflower and Carrots
04/18/22 - 04/24/22	Korean Turkey Cauliflower Rice Bowl	Italian Chicken Thighs with Rutabaga, Tomatoes and Green Beans	Pesto Steak with Mixed Veggies
04/25/22 - 05/01/22	Lemon Dill Salmon with Chopped Zucchini and Eggplant	Chicken Bowl with Cheese, Peppers, Onions, Zucchini and Mushrooms	Barbecue Chicken with Green Beans and Bacon Brussel Sprout Salad
05/02/22 - 05/08/22	Grilled Chicken with Broccoli and Mushrooms	Lemon Pepper Turkey with Spaghetti Squash, Peppers and Mushrooms	Mediterranean Steak with Cucumbers, Tomatoes and Onions



05/09/22 - 05/15/22	Ranch Shredded Chicken with Buffalo Cauliflower and Roasted Tomatoes	Barbecue Pork Loin with Asparagus and Roasted Cauliflower	Parmesan Crusted Tilapia with Yellow Squash and Green Beans
05/16/22 - 05/22/22	Greek Chicken with Asparagus and Greek Tomato Salad	Creole Shrimp with Cauliflower and Collard Greens	Asian Meatballs with Shredded Carrot Slaw
02/23/22 - 05/29/22	Rosemary Lemon Chicken with Artichokes and Carrots	Flank Steak with Asparagus and Butternut Squash	Chipotle Pork Carnitas with Pickled Cabbage, Peppers and Onions
05/30/22 - 06/05/22	Sweet and Spicy Pork Chops with Squash and Broccoli	Sausage with Zucchini and Peppers	Turkey Burger Bowl with Kale Salad and Brussel Sprouts
06/06/22 - 06/12/22	Beef Taco with Black Bean Salsa, Peppers, Onions and Zucchini	Chipotle Chicken with Mixed Vegetables	Tuscan Steak with Asparagus and Cauliflower
06/13/22 - 06/19/22	Kalua Pork, Onions and Cabbage	Basil Balsamic Chicken, Mozzarella, Roasted Tomatoes and Brussel Sprouts	Deconstructed Kabobs with Mushrooms, Peppers and Onions



06/20/22 - 06/26/22	Garlic Butter Chicken, Green Beans and Cheesy Cauliflower Rice	Grilled Honey Glazed Pork Loin with Carrots, Asparagus and Sliced Almonds	Pistachio Pesto Steak with Ancient Grains and Roasted Broccoli
06/27/22 - 07/03/22	Grilled Pork with Mango Puree, Sauteed Spinach, Squash and Onions	Caesar Chicken Salad with Kale Salad and Roasted Tomatoes	Barbecue Meatloaf with Broccoli and Carrots