

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	2 Eggs + 1 Egg White 1/2 Tbs Butter/Oil 1-2 Slices Whole Wheat Toast 1cup Fruit/Veggie of choice	Overnight Oats: 1/2c Rolled Oats 1c Milk of Choice Mix-In Options: 1Tbs Nut Butter 1c Fruit Cocoa Powder Cinnamon Coconut Flakes Get Creative!	Yogurt Parfait: 1c Plain Greek Yogurt 1c Mixed Berries 1/4c Granola	2 Eggs + 1 Egg White 1/2 Tbs Butter/Oil 1-2 Slices Whole Wheat Toast 1C Fruit/Veggie of choice	Sweet Potato Kale Frittata https://www.goodhousekeeping.com/food-recipes/a15996/sweet-potato-kale-frittata-recipe-clx0914/	Smoothie Some Low-Sugar Options https://downshiftology.com/recipes/low-sugar-smoothies/	"Left Over Omelet" 2 Eggs + 1 Egg White Whatever meat and veggies you have leftover in the fridge! 1-2 Slices Whole Wheat Toast
Lunch	Salad: 1-2c Mixed Greens/Spinach 1c Raw/Cooked Veggies of choice 1/4c Nuts/Seeds/Cheese 3-4oz Chicken/Fish/Turkey 2Tbs Balsamic Vinegar	Chicken Salad Eat on Whole Wheat/Grain Toast/Salad https://www.feastingathome.com/tarragon-chicken-salad/	Leftover Chicken and Veggies	Walnut Pesto Noodles https://www.feastingathome.com/superfood-walnut-pesto/ Optional: Add Protein of choice	Salad: 1-2c Mixed Greens/Spinach 1c Raw/Cooked Veggies of choice 1/4c Nuts/Seeds/Cheese 3-4oz Chicken/Fish/Turkey 2Tbs Balsamic Vinegar	Leftover Chili	Black Bean Burger: https://www.feastingathome.com/black-bean-burger-recipe/
Snack	1-2c Fruit or Veggies	1c Veggies and Hummus	Energy Bites: https://www.gimmesomeoven.com/no-bake-energy-bites/	1/2c Cottage Cheese 1/2 Berries/Fruit or 1/4c Granola	Banana and 2Tbs Nut Butter	Yogurt Parfait: 1c Plain Greek Yogurt 1c Mixed Berries 1/4c Granola	Roasted Chickpeas: https://joyfoodsunshine.com/crunchy-roasted-chickpeas/
Dinner	Roasted Chicken and Veggies: https://www.wellplated.com/sheet-pan-chicken-rainbow-vegetables/	Meatballs with Pasta or Spaghetti Squash: https://www.delish.com/cooking/recipe-ideas/a19625574/slow-cooker-paleo-meatballs-recipe/	Chicken or Beef Stir Fry: https://www.momontimeout.com/easy-chicken-stir-fry-recipe/	Slow Cooker Chili: https://www.delish.com/cooking/recipe-ideas/recipes/a55200/easy-turkey-slow-cooker-chili-recipe/	Chicken Parm Stuffed Peppers: https://www.delish.com/cooking/recipe-ideas/recipes/a51054/chicken-parm-stuffed-peppers-recipe/	Chicken Enchilada Quinoa: https://www.delish.com/cooking/recipe-ideas/recipes/a50733/chicken-enchilada-quinoa-recipe/	Vegetable Soup: https://www.hummusapien.com/vegetable-soup/