

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	<ul style="list-style-type: none"> ○ Egg Bites ○ Carrot Sticks ○ Mixed Berries 	<ul style="list-style-type: none"> ○ Scrambled Eggs with Peppers and Spinach ○ Sweet Potato 	<ul style="list-style-type: none"> ○ Turkey and Sweet Potato Skillet ○ Celery 	<ul style="list-style-type: none"> ○ Breakfast Nachos ○ Sautéed Peppers 	<ul style="list-style-type: none"> ○ Hard Boiled Eggs ○ Bell Pepper ○ Apple
Lunch	<ul style="list-style-type: none"> ○ Lettuce Wrap ○ Baked Fries ○ Celery and Bell Pepper <p>*can add veggies to wrap or just have a side of raw veggies as suggested here</p>	<ul style="list-style-type: none"> ○ Leafy Greens Salad with Chicken ○ Banana 	<ul style="list-style-type: none"> ○ Chicken ○ Carrot Sticks ○ Apple 	<ul style="list-style-type: none"> ○ Turkey Burger ○ Cucumber Tomato Salad ○ Mixed Berries 	<ul style="list-style-type: none"> ○ Baked Salmon ○ Roasted Vegetables ○ Rice
Dinner	<ul style="list-style-type: none"> ○ Zucchini Noodles with Cherry Tomatoes with Meat ○ Baked Sweet Potato 	<ul style="list-style-type: none"> ○ Sirloin Steak ○ Smoked Paprika and Cumin Cauliflower ○ Rice 	<ul style="list-style-type: none"> ○ Turkey Lettuce Wrap Tacos ○ Sautéed Peppers ○ Rice 	<ul style="list-style-type: none"> ○ Shrimp Fajita ○ Rice 	<ul style="list-style-type: none"> ○ Chicken, potato, broccoli sheet pan