

## Week 5

217.993.4323 [justrighteating.com](http://justrighteating.com)



	Breakfast	Lunch	Dinner	Snack
Monday	Steak, Egg & Cheese Bagel	Sirloin Enchilada Chowder	Asian Fiesta Bowl	Fudge Bites & Yogurt
Tuesday	French Toast	Sloppy Joes w. Cottage Cheese & Chives	Ancho Sweet Potato Bowl w. Chorizo	Protein Powder & Almond Milk
Wednesday	Breakfast Quesadilla	Kung Pao Chicken & Vegetables	Spicy Chicken Pot Roast	Cucumbers & Hummus
Thursday	Bacon, Eggs & Toast	Tuna Lettuce Sandwich	Grilled Chipotle Fish Tacos	Dessert Pizza
Friday	Breakfast Hash	BBQ Pork Sandwich w. Cole Slaw	Garlic Herb Steak w. Broccoli Potato Au Gratin	Banana Bread w. Yogurt
Saturday	Stuffed Crepes	Chicken Caesar Salad	Marinated Chicken, Green Beans & Baked Potato	Peppers, Pickles, Tomatoes & Ranch
Sunday	Egg White Pizza	Squash & Chorizo Bowl	Three Cheese Pasta	Fruit & Yogurt

### Interested in creating your own menu so that you receive exactly what you want?

- ✓ You can order multiples of your favorites
- ✓ You can choose from vegetarian, gluten free, low carb and a host of others, including clean meals of your choice
- ✓ If you are on a 5/day plan, but see items on the weekend you would like you would be able to choose from them as well, if you create your own menu

\*\*\*\*Our menus are created based on proper amounts of sodium, healthy fats, complex carbs, fiber, sugar from naturally occurring sources, and lean proteins