MONDAY

lunch

grilled chicken bbq with olive cremoleta, riced broccoli and green beans, burrata

dinner

fish in lemon butter, zucchini, spinach, green tomato, pineapple salad and mint vinaigrette

TUESDAY

low carb

plan

lunch

peruvian beef chaufa, riced cauliflower, broccoli, peppers and mushrooms shredded bbq mango chicken with green beans, nuts and brussel sprouts

dinner

WEDNESDAY

lunch

turkey, sesame meatballs with spinach sauce, cauliflower salad and cherry tomato basil dinner

pizza' chicken with fresh arugula avocado salad

THURSDAY

lunch

dinner

lunch

FRIDAY

dinner

curry shrimp skewers, sauteed green beans with roasted peppers and red onions beef lettuce tacos with pico de gallo and stuffed tomatoes

ground beef and cauliflower gratin pie with sauteed vegetables

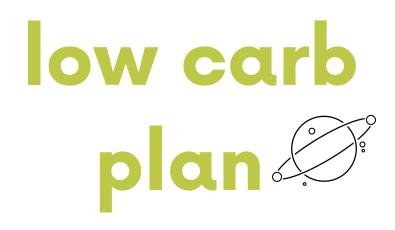
grilled pork loin with chimichurri and egg salad



MONDAY

lunch

dinner



dijon glazed pork loin, carrots, green apple and brussel sprouts

mediterranean churrasco shawarma bowl

TUESDAY

lunch

turkey burger, tomatoes, arugula, onions, bacon, celery and cilantro salsa

dinner

fish ceviche (leche de tigre) and vegetable skewers

WEDNESDAY

FRIDAY

lunch

creamy shrimp spaghetti squash, pesto grilled zuchinni and sun dried tomatoes

dinner

grilled chicken and spinach caprese salad

THURSDAY

chicken tenders with tabule salad, grilled broccoli steak topped with a fried egg

lunch

chicken teriyaki, cauliflower rice and mushroms

dinner

braised beef, eggplant gratin casserole and fresh salad

lunch

sautéed chicken with chop suey (celery, bok choy, red peppers)

dinner





MONDAY

lunch

dinner

chicken sliced with bbq mango sauce, mashed cauliflower, green beans and almond

fish chimichurri skewers and sautéed vegetables

TUESDAY

low carb

plan

lunch

baked kofta, turmeric nut kale salad honey garlic chicken, roasted paprika cauliflower and asparagus

dinner

WEDNESDAY

FRIDAY

lunch

24 hour marinated chicken lettuce tacos, pico de gallo, peppers and cilantro jalapeño sauce dinner

turkey stuffed zucchini boats, sautéed crimini, spinach and piccatta salsa

THURSDAY

lunch

dinner

carbonara chicken zucchini, yellow squash pasta bowl, garlic blanched asparagus and cherry tomatoes

teriyaki pork, peppers, carrots, eggplant , french beans and cabbage salad

mojo pork, sautéed peppers and vegetables stuffed gratin tomatoes

lunch

turkey in red pepper coulis, spaghetti squash and nuts

dinner



MONDAY

lunch

dinner

zucchini pasta, calamari and shrimp and asparagus bowl carrot and zucchini noodles, bolognese sauce with gratin cherry tomatoes

TUESDAY

low carb

plan

lunch

turkey kibbeh turmeric cauliflower, cucumber, carrots, pickle onion and garlic sauce

grilled shrimps, mango salsa and fresh arugula salad

dinner

WEDNESDAY

lunch

al pastor pork, vegetables, pineapple sauce, and non spicy jalapeño cilantro sauce

dinner

turkey burger, tomato, mozzarella cheese and eggplant fries and garlic mustard sauce

THURSDAY

lunch

dinner

FRIDAY

lunch

dinner

beef with sautéed onions, broccoli salad and green mix grilled chicken, ranch sauce broccoli and cauliflower slaw asian chicken with bock choy and sautéed vegetables

beef fajitas, egg tortillas and mozzarella cheese



MONDAY

lunch

dinner

grilled salmon, mushrooms, scallion, sesame seeds and broccoli rice lemon garlic chicken thigh, green beans skillet and almond asparagus

TUESDAY

low carb

plan

lunch

beef goulash (carrots and peas) grill zuchinni and tumeric cauliflower

dinner

fish in parsley sauce, mushrooms, sautéed spinach, dried tomatoes and green beans

WEDNESDAY

lunch

spaghetti squash, chicken bolognese, homemade marinara and cesar salad

dinner

chicken breast hash and baked vegetables

THURSDAY

roasted beef, cauliflower mac and cheese, nut green beans and cranberry sauce

lunch

pork tenderloin with celery, tomato cherry, broccoli salad

dinner

shredded chicken in avocado sauce (reina pepiada) bowl with roasted cauliflower, spinach, corn and cherry tomato

lunch

FRIDAY

dinner

beef picadillo salteado, vegetables and peppers



MONDAY

lunch

dinner

spaghetti squash, creamy tuscan chicken (mushrooms, spinach, cherry tomato)

avocado chicken waldorf salad

TUESDAY

low carb

plan

lunch

shrimp, grilled vegetables and bacon wrapped asparagus. ginger yogurt sauce

asian salad, mustard lime vinaigrette and pork loin

dinner

WEDNESDAY

FRIDAY

lunch

chicken breast, potato in colombian tomato sauce, green beans and carrots dinner

churrasco bah mi bowl

THURSDAY

lunch

dinner

oven baked fish topped with neapolitan basil tomatoes, garlic asparagus and riced broccoli

marinated chicken with greek yogurt cucumber salad carnitas, pork bowl with lettuce, cheese, sautéed peppers, , pico de gallo and spinach sautéed

lunch

eggplant beef lasagna, green beans and cherry tomatoes

dinner





MONDAY

lunch

dinner

zooodle beef bolognese with fresh salad

marinated tuna poke bowl with chipotle aioli

TUESDAY

low carb

plan

lunch

cauliflower bacon mediterranean caprese salad with grilled shrimp

turkey peppers fajitas, tomato salad, chopped bacon and sour cream

dinner

WEDNESDAY

FRIDAY

lunch

peruvian creamed chicken, boiled egg, olives, broccoli and asparagus

zooodles with pesto shrimp and steamed green beans

dinner

THURSDAY

honey garlic pork grill, seedy cole slaw and zuchinni

lunch

bacon wrapped chicken with yellow squash and broccoli

dinner

baked fish with lemon creamy sauce, rice cauliflower, green beans and mushrooms

lunch

beef burgers, poppy and hemp seed tabbouleh salad

dinner



MONDAY

lunch

shrimp cabbage 'noodles', carrots, celery, peppers, green onions, bean sprouts and chopped peanuts dinner

oven baked gratin broccoli with chicken lemon marinara

TUESDAY

low carb

plan

lunch

chipotle chicken burrito bowl, cilantro lime cauliflower rice and pico de gallo

baked turkey kibbeh with cucumber mango tabbouleh salad

dinner

WEDNESDAY

FRIDAY

lunch

venezuelan asado negro with boiled broccoli, guasacaca and watercress salad

dinner

sauteed vegetables with tuna salad stuffed tomatoes

THURSDAY

lunch

dinner

ground turkey stew, hard boiled eggs, peas, carrots, butter zucchini and sliced green beans

pork chops, mushroom wine sauce, mashed cauliflower and asparagus white fish topped with surimi salad, sautéed vegetables and pumpkin soup

lunch

chicken cesar salad, artichokes, carrots and walnuts

dinner





MONDAY

lunch

dinner

bbq pulled pork with roasted cauliflower gratin and grilled asparagus

grilled chicken breast with onions and peppers and sautéed spinach casserole

TUESDAY

low carb

plan

grilled shrimp pesto with steamed broccoli and mushrooms

lunch

honey mustard glazed chicken with sautéed zucchini and eggplant

dinner

WEDNESDAY

FRIDAY

lunch

curry chicken with egg salad and brussel sprouts grilled pork loin with broccoli and peppers in soy sauce and cherry tomato

dinner

THURSDAY

spaghetti squash with turkey in pomodoro basil sauce

lunch

grilled burger patty with baked zucchini fries

dinner

grilled coriander fish with roasted corn and bean salad, cilantro sauce and vegetable soup

lunch

shrimp tacos with sautéed onions and peppers and pico de gallo

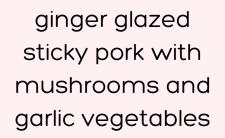
dinner



MONDAY

lunch

dinner



slow cooked chicken, cole slaw and baked asparagus

TUESDAY

low carb

plan

lunch

orange chicken, rosemary cauliflower, zucchini and cherry tomato salad

lunch

beef picadillo with green Beans casserole

dinner

WEDNESDAY

FRIDAY

lunch

cream cajun shrimp, sautéed spinach broccoli, cauliflower and mushrooms

lunch

dinner

smoked pork ribs, kale caesar salad, tomato

THURSDAY

Ionen	unner	Ionen
ropa vieja, moro rice beans and lemon garlic broccoli	shrimp quinoa chaufa and vegetables	chicken stir- fry and egg stuffed peppers

dinner

chicken breast marsala mushroom sauce, roasted tomatoes and eggplant gratin

dinner





