



Weekly Meal Plan

	Breakfast	Lunch	Dinner
Monday	Cubed watermelon, mixed nuts, and coconut manna	Rolled Boar's Head deli meat rolled around avocado slices, apples	Stir-fried beef tips and vegetables
	Breakfast	Lunch	Dinner
Tuesday	Scrambled eggs with garlic and onions	Chicken salad on romaine lettuce leaves	Salad and spaghetti sauce with "zoodles"
	Breakfast	Lunch	Dinner
Wednesday	Apples and walnuts seared in coconut oil, hard-boiled eggs	Tuna salad with zucchini and carrots, fresh fruit	Stuffed peppers with ground beef, onion, cauliflower rice, and spices
	Breakfast	Lunch	Dinner
Thursday	Sausage with orange wedges	Butternut squash soup	Marinated chicken with roasted zucchini spears
	Breakfast	Lunch	Dinner
Friday	Leftover zucchini with fried egg	Leftover lemon chicken on a large green salad	Baked rosemary and garlic salmon with sautéed spinach
	Breakfast	Lunch	Dinner
Saturday	Sweet potato hash with eggs and bacon	Broiled eggplant	Grilled burgers with fried potatoes and broccoli
	Breakfast	Lunch	Dinner
Sunday	Sliced bananas with almond butter and bacon	Snack on leftovers from the week	Beef pot roast with carrots and potatoes

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