

WEEK 1			
	BREAKFAST	LUNCH	DINNER
P i c k u p 1	TUESDAY		Pork Chop Pomodoro Asparagus & Peppers Italian Green Beans
	WEDNESDAY	Cheese Omelet Spinach, Salsa Bacon	Fiesta Burger Seasoned Green Beans Guacamole
	THURSDAY	Scrambled Eggs Canadian Bacon Spinach, Cauliflower	Chicken Fontina Red Peppers & Onions Broccoli Florets with Almonds
	FRIDAY	Ratatouille Omelet Asparagus Spears	Lemon Herb Tilapia Swiss Chard, Artichoke Mix Broccoli Florets
	SATURDAY	Baked Chicken with Goat Cheese Artichoke Medley Cauliflower	Chicken Marsala Broccolini with Garlic Fajita Veggies
P i c k u p 2	SUNDAY	Western Omelet Fajita Veggies Sausage Links	Beef Tenderloin Red Wine Sauce Kale, Cauliflower
	MONDAY	Vegetable Quiche Sausage Patty Spinach	Chicken Parmesan over Ratatouille Broccoli Florets
	TUESDAY	Chicken Italiano Italian Meatballs Fajita Veggies Asparagus Parmesan	Pork Chop Breakfast Egg Patty, Cheddar Cheese Green Beans
	WEDNESDAY	Hamburger Pizza Seasoned Squash	Baked Salmon Creamy Dill Sauce Spinach, Green Beans Tomatoes
	THURSDAY	Meatloaf with Tomato Sauce Creamed Spinach Brussels Sprouts	
WEEK 2			
	BREAKFAST	LUNCH	DINNER
P i c k u p 1	TUESDAY		Herbed Tilapia Collard Green Mix Artichoke Medley, Broccoli Florets
	WEDNESDAY	Cheese Omelet Spinach, Salsa Bacon	Beef Casserole Red Peppers
	THURSDAY	Scrambled Eggs Rancheros Chicken Sausage	Chicken Tenders Red Pepper Sauce Veggie Mix, Brussel Sprouts
	FRIDAY	Roasted Pork Loin Morel Sauce, Sautéed Spinach Green Beans	Chicken Roma Cauliflower Italian Green Beans
	SATURDAY	Spinach Quiche Sausage Link Green Beans	Chicken and Bacon Cheddar Melt Roasted Green Beans with Tomatoes Cajun Cream Sauce
P i c k u p 2	SUNDAY	Indian Turkey Tenderloin Creamed Spinach & Cauliflower Puree Broccoli	Western Omelet Fajita Veggies Sausage Links
	MONDAY	Andouille Sausage Fajita Veggies, Mozzarella Cheese Zucchini & Squash Mix	Grilled Pork Chop Green Peppercorn Sauce Garlic Cauliflower Puree, Green Beans
	TUESDAY	Vegetable Quiche Sausage Patty Spinach	Spicy Salmon and Spinach Salad Marinated Vegetable Blend
	WEDNESDAY	Lemon Herb Chicken Broccoli Zucchini Timbale	Pork Chop Breakfast Egg Patty, Cheddar Cheese Green Beans
	THURSDAY	Beef Short Ribs Mushroom Sauce, Kale Broccoli & Red Peppers	Grilled Chicken Breast Curried Vegetables Asparagus
	FRIDAY	Chicken Alfredo Creamy Veggie Mix Broccoli Florets	Tomato Mushroom Omelet Sausage Patty Mustard Greens

WEEK 3			
	BREAKFAST	LUNCH	DINNER
P i c k u p 1	TUESDAY		Chicken Breast with Bacon Red Pepper Sauce, Collard Greens Asparagus, Brussels Sprouts
	WEDNESDAY	Cheese Omelet Spinach, Salsa Bacon	Chicken Pesto Cheddar Melt Broccoli Florets, Cauliflower Mustard Greens
	THURSDAY	Kale & Swiss Frittata Chicken Sausage	Blackened Salmon Spinach Cauliflower Puree Brussels Sprouts, Lemon Wedge
	FRIDAY	Spinach Quiche Sausage Link Green Beans	Chicken Fontina Red Peppers & Onions Broccoli Florets with Almonds
P i c k u p 2	SATURDAY	Spinach Quiche Sausage Link Green Beans	Chicken Alfredo Creamy Veggie Mix Broccoli Florets
	SUNDAY	Western Omelet Fajita Veggies Sausage Links	Turkey Steak Lemon Herb Sauce Kale Mix, Zucchini Vegetable Blend Italian Green Beans
	MONDAY	Pork Chop Pomodoro Green Beans, Fajita Veggies Parmesan Cheese	Chicken Alfredo Creamy Veggie Mix Broccoli Florets
	TUESDAY	Eggs Florentine Chicken Sausage	Tuscan Chicken Creamed Spinach with Red Peppers Green Beans
	WEDNESDAY	Tuna Salad Baby Carrots Provolone Cheese	Chicken Marsala Broccolini with Garlic Fajita Veggies
	THURSDAY	Baked Chicken with Goat Cheese Artichoke Mix Broccoli Florets	Beef Tenderloin Red Wine Sauce Creamed Kale, Seasoned Cauliflower
	FRIDAY	Tomato Mushroom Omelet Sausage Patty Mustard Greens	Beef Short Ribs Mushroom Sauce Asparagus & Peppers
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WEEK 5			
	BREAKFAST	LUNCH	DINNER
P i c k u p 1	TUESDAY		Basil Parmesan Chicken Broccoli, Cauliflower, Spinach
	WEDNESDAY	Three Cheese Quiche Sausage Links Peppers & Onions	Pascale' Creole Shrimp Stew String Cheese
	THURSDAY	Scrambled Eggs Benedict Canadian Bacon Roasted Red Pepper Sauce, Asparagus	Chimichurra Salmon Marinated Asparagus
	FRIDAY	Spicy Ham and Egg Sofrito	Parmesan Chicken Wings Blue Cheese Dressing Artichoke Salad
P i c k u p 2	SATURDAY	Feta Frittata Turkey Sausage Fajita Veggie Blend	Tilapia Vera Cruz Cauliflower Mash Green Bean Mix
	SUNDAY	Florentine Casserole Turkey Bacon	Charmoula Pork Loin Spinach, Fajita-Style Broccoli
	MONDAY	Andouille, Shrimp and Egg Hash Chicken Sausage	Portobello Lasagna Veggie Mix
	TUESDAY	Steak and Eggs Mushroom Cream Sauce Asparagus	Chicken Souffle Dilled Green Beans

Carb30 Substitution Menu

BREAKFAST

Power Protein Box: Hard-boiled Eggs, Cheese Wedge, Plain Greek Yogurt with Almonds

Scrambled Eggs with Turkey Sausage

Veggie & Cheese Omelet with Fire-Roasted Tomatoes

LUNCH

Basil Parmesan Chicken, Broccoli, Cauliflower, Spinach

Field Greens Salad with Chicken, Lemon Basil Vinaigrette

Green Salad with Nut Mix, Lemon Basil Vinaigrette

Tuna Salad, Baby Carrots, Provolone Cheese

DINNER

Blackened Salmon on Spinach Cauliflower Puree, Brussels Sprouts, Lemon Wedge

Teriyaki Flat Iron Steak, Wasabi Cauliflower Mash, Broccoli with Fajita Veggies

Tuscan Chicken, Creamed Spinach with Red Peppers, Green Beans

Indian Turkey over Creamed Spinach & Cauliflower Puree, Broccoli