

No starving. No extremes. No fad diets.

21 meals / 7 days / Chef prepared

YOUR WEEK	BREAKFAST	LUNCH	DINNER
Monday	Scrambled eggs Sausage & avocado	Lemon-herb chicken Seasoned black beans & peppers	Garlic salmon Potatoes & spinach
Tuesday	Bacon & cheddar egg bites	Smoky ground beef Sweet potato	Herbed sirloin Butternut & lentil stew
Wednesday	Breakfast burrito Eggs, turkey & peppers	Cajun blackened salmon Quinoa & haricots verts	Chimichurri chicken Garbanzos & beets
Thursday	Spinach & feta egg bites	Grilled citrus chicken Seasoned black beans & asparagus	Cilantro-lime ground beef Quinoa & peppers
Friday	Scrambled eggs Kielbasa & walnuts	Steak fajita Sweet potatoes & peppers	Lemon-thyme chicken Squash & zucchini
Saturday	Protein waffles Mixed berries	Garlic salmon Sweet potatoes & spinach	Ground beef rice noodles Roasted carrots
Sunday	Sausage & Monterey Jack egg bites	Sirloin steak Yellow potatoes & zucchini	Herbed chicken Lentils & broccoli

6 oz cooked protein at lunch & dinner. Breakfast portions follow the menu.

Ingredients may vary with availability. Discuss allergies and dietary requirements with our team.

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YOUR WEEK	BREAKFAST	LUNCH	DINNER
Monday	Hard-boiled eggs Turkey bacon & strawberries	Garlic-butter fish Quinoa & roasted carrots	Grilled chicken Sweet potatoes & asparagus
Tuesday	Three-cheese egg bites	Smoky turkey Sweet potato mash & peppers	Coriander sirloin Potatoes & haricots verts
Wednesday	Breakfast burrito	Lemon-rosemary chicken Squash & zucchini	Baked salmon Quinoa pilaf & broccoli
Thursday	Pepper & mushroom egg bites	Turkey burger Roasted beets & haricots verts	Citrus chicken Seasoned black beans & zucchini
Friday	Scrambled eggs Sausage & avocado	Steak fajita Seasoned black beans & roasted peppers	Blackened turbot Mash & green beans
Saturday	Protein waffles Mixed berries	Ground turkey Butternut & spinach	Balsamic chicken thighs Lentils & asparagus
Sunday	Ham & cheese egg bites	Sirloin steak Potato mash & asparagus	Grilled chicken Sweet potato purée & Brussels sprouts

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Monday	Eggs Turkey bacon & strawberries	Garlic-butter fish Quinoa & roasted carrots	Grilled chicken Sweet potatoes & asparagus
Tuesday	Three-cheese egg bites	Smoky turkey Sweet potato & roasted peppers	Coriander sirloin Potatoes & haricots verts
Wednesday	Breakfast burrito	Lemon-rosemary chicken thighs Squash	Baked salmon Quinoa pilaf & broccoli
Thursday	Pepper & mushroom egg bites	Turkey burger Roasted beets & haricots verts	Citrus chicken Seasoned black beans & zucchini
Friday	Sausage & avocado	Steak fajita Seasoned black beans & roasted peppers	Blackened turbot Garlic mash & green beans
Saturday	Protein waffles Mixed berries	Ground turkey Butternut squash & spinach	Balsamic chicken Quinoa, lentils & asparagus
Sunday	Ham & cheese egg bites	Sirloin steak Potato mash & asparagus	Grilled chicken Sweet potato & Brussels sprouts

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YOUR WEEK	BREAKFAST	LUNCH	DINNER
Monday	Hard-boiled eggs Turkey bacon & strawberries	Lemon-garlic chicken Quinoa & broccoli	Roasted salmon Sweet potatoes & green beans
Tuesday	Three-cheese egg bites	Ground turkey Potatoes & zucchini	Sirloin steak Butternut & haricots verts
Wednesday	Breakfast burrito	Citrus chicken Lentils & roasted peppers	Garlic-butter salmon Spinach & potatoes
Thursday	Pepper & mushroom egg bites	Cilantro-lime ground beef Quinoa & broccoli	Balsamic chicken Sweet potatoes & Brussels sprouts
Friday	Scrambled eggs Sausage & avocado	Steak bowl Roasted carrots & potatoes	Lemon chicken Butternut mash & zucchini
Saturday	Protein waffles Mixed berries	Lemon-herb chicken Quinoa tabbouleh	Garlic salmon Sweet potatoes & Brussels sprouts
Sunday	Ham & cheese egg bites	Sirloin steak Herbed quinoa & asparagus	Salmon Lentils & broccoli

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