

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 BREAKFAST	Pumpkin Baked Oatmeal	Brussel Sprout Egg Hash	Apple wedges with 3 TBSP Peanut Butter	Baked Oatmeal	Sweet Potato Egg Boats	Baked Oatmeal	Tapioca Pudding with Banana
 LUNCH	Turkey Lettuce Wraps	Mocha Pot Roast Lettuce Wraps	Shrimp Stack Salad	Coconut Salmon Salad	Tahini Chimichurri Chicken Salad	Leftover Cauliflower Pizza	Leftover Coconut Pancakes
 SNACKS DESSERT	Apple wedges with Vegan Caramel dip	Baked Oatmeal with Maple bananas	Baked Peaches	Nicecream	Coconut Chia Pudding	Tapioca	PB2 Smoothie
 DINNER	Mocha Pot Roast w/ Roasted Brussel Sprouts	Shrimp Stacks	Coconut Broth Salmon with Asparagus & Squash	Cauliflower Steaks w/ Chimichurri & Smashed Potatoes	Cauliflower Pizza with Cashew Basil Cheese	Coconut Flour Pancakes with Bacon	Skirt Steak Rolls with Chimichurri + Sauteed Green Bean & Summer Squash
 WORKOUT	Check in daily to Plates on Park Street for details						