

Breakfast

Lunch

Dinner

Snack

Monday



Frittata with spinach and ricotta cheese



Grilled chicken Caesar salad, no croutons



Eggplant Lasagna



Cup of mixed berries

Tuesday



Ricotta pancakes with a handful of berries



Cod alla Puttanesca



Shrimp Scampi over zucchini noodles



Two peaches

Wednesday



Scrambled eggs with fresh tomatoes and herbs



Tuna salad with lettuce wraps



Chicken Cacciatore



Lemonade Cucumber Spa pops

Thursday



Yogurt Greco



Leftover Chicken Cacciatore



Pepperoni Cauliflower Pizza



Strawberry Sorbet

Friday



Scrambled eggs with prosciutto



Meatballs in no added sugar marinara sauce, served with sautéed zucchini



Grilled fish with lemon and dill



Baked Apple Chips

Saturday



Green Protein Smoothie



Leftover Meatballs in marinara sauce, served with zoodles



Zucchini ribbon salad with grilled chicken and a lemon-olive oil dressing



Cup of mixed berries

Sunday - Feel Free to Use Leftovers!