

Dinner Prep:

(Choose 3)

1. Poached Halibut in Tomato Curry

- ginger, coconut cream, cardamom, coriander
- steamed rice
- sautéed broccolini

2. Grilled Chicken

- tomato, cucumber, and feta salad
- mediterranean farro with roasted red peppers, sundried tomato, and onion

3. Healthy Beef and Broccoli

- steamed white rice
- sirloin steak
- spring salad mix with carrot ginger dressing

4. Chicken Sausage and Spinach Stuffed Portobello Mushrooms

- spinach, onion, gluten free panko, parmesan
- light tomato sauce
- braised leeks
- dairy free mashed potatoes

Breakfast Prep:

(Choose 1)

1. Individual egg frittatas

- shredded broccoli and nutritional yeast

2. Blueberry Overnight Oats

- peanut butter, chia seed, honey

Snack Prep:

(Choose 1)

1. Blueberry Oatmeal Muffins

- Coconut oil, almond flour, almond milk

2. Double Chocolate Low Carb Protein Muffins

- Cocoa powder, coconut oil, chocolate protein, almond flour