

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

BREAKFAST + SIDE



Scrambled Egg & Vegetables Bowl



Pizza Omelette with Turkey & Cheese



Banana Berry Beet Smoothie Bowl



Banana Cream Pie Chia Pudding



Cottage Cheese Bowl

LUNCH + SIDE



Baked Salmon Cake with Caper Mayo & Grilled Vegetables



Beef with Carrot, Celery & Edamame Pot Roast



Grilled Turkey Breast with Herb Sauce & Sautéed Spinach



Rosemary & Mustard Roasted Beef with Onion Sauce & Steamed Broccoli



Chimichurri Chicken with Grilled Zucchini & Carrot

DINNER



Fish Piccata with Fresh Citrus Sauce



Spinach & Mushroom Stuffed Chicken



Sesame Beef Stir-Fry



Cilantro & Garlic Baked Chicken



Chateaubriand (French Style Beef)

SNACKS

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

SNACK 1



Peanut Cup Energy Bite



Protein Packed Chia Bites



Almond & Cashew Joy



Protein Bites



Dates & Nuts Roll

SNACK 2



Fresh Fruit Salad with Chia Seeds



Fruit Salad



Fresh Fruit Salad with Pumpkin Seeds



Pineapple & Watermelon Mix



Fresh Fruit Salad with Sunflower Seeds