

	Day 1	Day 2	Day 3	Day 4	Day 5		
Breakfast	Egg Muffin	Yogurt Parfait	Egg Muffin	Yogurt Parfait	Egg Muffin	Egg Muffin Calories: 191 Fat: 13g Sodium: 214mg Carbohydrates: 4g Sugar: 2g Fiber: 1g Protein: 20g	Yogurt Parfait Calories: 327 Fat: 4g Sodium: 94mg Carbohydrates: 41g Sugar: 21g Fiber: 3.5g Protein: 21g
Lunch	Chicken Caesar Pasta Salad	Fiesta Sliders	Chicken Caesar Pasta Salad	Fiesta Sliders	Chicken Caesar Pasta Salad	Chicken Caesar Pasta Salad Calories: 438 Fat: 11g Sodium: 554mg Carbohydrates: 46g Sugar 6g Fiber: 8g Protein: 40g	Fiesta Sliders Calories: 204 Fat: 4g Sodium: 500mg Carbohydrates: 2g Sugar 0g Fiber: 0g Protein: 40g
Dinner	Sweet and Sour Pork Roast Calories: 575 Fat: 15.5g Sodium: 345 mg Carbohydrate: 56 g Fiber: 7.5 g Protein: 50 g	Sheet Pan Tilapia and Vegetable Medley Calories: 400 Fat: 10 g Sodium: 430 mg Carbohydrates: 40 g Fiber: 6 g Protein: 40 g	Upgraded Instant Ramen Calories: 400 Fat: 6.5g Sodium: 696mg Carbohydrates: 64g Sugar: 4g Fiber: 5.5g Protein: 21g	Slow Cooker Stuffed Peppers Calories: 425 Fat: 14 g Sodium: 505 mg Carbohydrates: 43g Fiber: 9 g Protein: 32 g	Unstuffed Cabbage Rolls Calories: 360 Fat: 11 g Sodium: 100mg Carbohydrates: 25g Fiber: 5.5 g Protein: 39 g		