

	Day 1	Day 2	Day 3	Day 4	Day 5		
Breakfast	Hummus Breakfast Tacos	Chocolate Peanut Butter Protein Shake	Hummus Breakfast Tacos	Chocolate Peanut Butter Protein Shake	Hummus Breakfast Tacos	Hummus Breakfast Taco Calories: 385 Fat: 21g Sodium: 805mg Carbohydrates: 34g Sugar: 4g Fiber: 3g Protein: 22g	Chocolate Peanut Butter Protein Shake Calories: 288 Fat: 14.5g Sodium: 118mg Carbohydrates: 26g Sugar: 13g Fiber: 8g Protein: 16g
Lunch	Loaded Sweet Potato	Buffalo Shrimp Lettuce Wrap	Loaded Sweet Potato	Buffalo Shrimp Lettuce Wrap	Loaded Sweet Potato	Loaded Sweet Potato Calories: 307 Fat: 4.5g Sodium: 451mg Carbohydrates: 50g Sugar: 9g Fiber: 11g Protein: 14g	Buffalo Shrimp Lettuce Wrap Calories: 128 Fat: 3.5g Sodium: 781mg Carbohydrates: 1g Sugar: 0g Fiber: 0g Protein: 22g
Dinner	Sheet Pan Apricot Chicken and Asparagus Calories: 175 Fat: 4.5g Sodium: 204mg Carbohydrates: 14g Sugar: 10g Fiber: 2g Protein: 45g	Over the Rainbow Minestrone Calories: 231 Fat: 7g Sodium: 560mg Carbohydrates: 34g Sugar: 7g Fiber: 6g Protein: 9g	Honey Ginger Tofu Stir Fry Calories: 295 Fat: 13g Sodium: 599mg Carbohydrates: 27g Fiber: 4g Protein: 9g	Shrimp Tacos Calories: 178 Fat: 7g Sodium: 398mg Carbohydrates: 20g Sugar: 2g Fiber: 1g Protein: 10g	Crockpot Pot Roast Calories: 221 Fat: 6.5g Sodium: 596mg Carbohydrates: 9g Sugar: 2g Fiber: 1g Protein: 32g		

