
























Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Breakfast							
Bacon Mushroom and Green Onion ROSTI (2) 	Chocolate Pudding (5) 	Chocolate Pudding (leftovers) (5) 	Malt o Meal Cereal (1) 	 Bacon and Eggs Ramen (4)	PSMF French Toast (1) 	 Bacon and Eggs Ramen (leftovers) (4)	
Snack/Side/Dessert							
 DECONSTRUCTED EGG ROLL (6)	 DECONSTRUCTED EGG ROLL (leftovers) (6)	 DECONSTRUCTED EGG ROLL (leftovers) (6)	Italian  MARINATED MUSHROOMS (4)	 Easy Baked SHRIMP SCAMPI (4)	Italian  MARINATED MUSHROOMS (leftovers) (4)	 Easy Baked SHRIMP SCAMPI (leftovers) (4)	
Dinner							
Juicy Baked Chicken Breasts with Ginger Sauce (2) 	Ethiopian Stew (Spicy Chicken Stew) (8)  Ethiopian Stew (Spicy Chicken Stew) (leftovers) (8) 	Ethiopian Stew (Spicy Chicken Stew) (leftovers) (8)  Ethiopian Stew (Spicy Chicken Stew) (leftovers) (8) 	Protein Sparing Bourbon Chicken over Egg Rice (4) 	 Smothered Bacon and Mushroom Burgers (4)	Protein Sparing Bourbon Chicken over Egg Rice (leftovers) (4) 	 Smothered Bacon and Mushroom Burgers (leftovers) (4)	
Nutrition Facts Per Serving							
Calories (kcal)	895	1166	1166	731	1262	679	1262
Fat (g)	51	77	77	29	94	26	94
Carbohydrates (g)	18	28	28	13	17	11	17
Protein (g)	96	94	94	95	87	100	87