

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast						
 Chocolate Waffles (2)	 Ham and Egg Cups (2)	 Breakfast Chili (6)	 Breakfast Florentine Burger (4)	 Breakfast Chili (leftovers) (6)	 Breakfast Chili (leftovers) (6)	 Breakfast Florentine Burger (leftovers) (4)
Snack/Side/Dessert						
 SIMPLE CRAB SALAD (2)		 PSMF Chocolate Pudding (2)	 Hot-n-Sour Soup with Pork Meatballs (leftovers) (4)	 PSMF Chocolate Pudding (leftovers) (2)	 Orange Creamsicle Smoothie and Breakfast Pudding (1)	 Orange Creamsicle Smoothie and Breakfast Pudding (1)
Dinner						
 Hot-n-Sour Soup with Pork Meatballs (4)	 Taco Shrimp Kabobs (1)	 Sorrento Fish (4)	 Slow-Cooker Ropa Vieja (6)	 Sorrento Fish (leftovers) (4)	 Slow-Cooker Ropa Vieja (leftovers) (6)	 Slow-Cooker Ropa Vieja (leftovers) (6)
Nutrition Facts Per Serving						
Calories (kcal)						
1075	636	797	1425	797	1052	1252
Fat (g) 81	29	42	111	42	67	85
Carbohydrates (g) 16	4	16	19	16	16	13
Protein (g) 71	88	85	87	85	92	104