


























Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast						
Bacon and Eggs Ramen (4) 	Bacon and Eggs Ramen (leftovers) (4) 	Chocolate Waffles (2) 	Steak n Eggs (2) 	Bacon Mushroom and Green Onion ROSTI (2) 	PSMF Chocolate Pudding (2) 	Bacon Mushroom and Green Onion ROSTI (2) 
Snack/Side/Dessert						
PSMF Meatball Soup (4) 	PSMF Meatball Soup (leftovers) (4) 	Bacon and Mushrooms with Soft Boiled Eggs (4) 	Strawberry Pavlova (2) 	Bacon and Mushrooms with Soft Boiled Eggs (leftovers) (4) 	SIMPLE CRAB SALAD (2) 	REUBEN MEATBALLS (8) 
Dinner						
Chili Rellenos (2) 	CHICKEN TINGA WINGS (6)  Fried "RICE" (4) 	CHICKEN TINGA WINGS (leftovers) (6)  Fried "RICE" (leftovers) (4) 	CHICKEN TINGA WINGS (leftovers) (6)  Taco Shrimp Kabobs (2) 	Protein Sparing Bourbon Chicken over Egg Rice (4) 	Protein Sparing Bourbon Chicken over Egg Rice (leftovers) (4) 	Lemon Pepper Chicken (4)  Lemon Pepper Chicken (leftovers) (4) 
Nutrition Facts Per Serving						
Calories (kcal)						
1298	1019	1139	758	1119	836	1135
Fat (g) 96	65	85	26	75	37	88
Carbohydrates (g) 19	18	15	8	14	13	11
Protein (g) 89	88	77	117	100	113	76