






















Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Breakfast							
 Breakfast Chili (12)	 Snickerdoodle Waffles (2)	 Breakfast Chili (leftovers) (12)	 Breakfast Florentine Burger (4)	 Breakfast Chili (leftovers) (12)	 Breakfast Florentine Burger (leftovers) (4)	 Breakfast Chili (leftovers) (12)	
Dinner							
 Chicken Neapolitan (6)	 Slow Cooker Asian Pulled Pork Lettuce Cups (8)	 Chicken Neapolitan (leftovers) (6)	 Slow Cooker Asian Pulled Pork Lettuce Cups (leftovers) (8)	 Chicken Neapolitan (leftovers) (6)	 Slow Cooker Asian Pulled Pork Lettuce Cups (leftovers) (8)	 Peel and Eat Garlic Shrimp (8)	
Side Dish							
 Keto Greek Avgolemono (4)	 CHICKEN TINGA WINGS (6)	 Keto Greek Avgolemono (leftovers) (4)	 CHICKEN TINGA WINGS (leftovers) (6)	 Hot-n- Sour Soup with Pork Meatballs (4)	 CHICKEN TINGA WINGS (leftovers) (6)	 Hot-n- Sour Soup with Pork Meatballs (leftovers) (4)	
Nutrition Facts Per Serving							
Calories (kcal)	1093	1070	1093	1435	1206	1435	1197
Fat (g)	77	81	77	110	87	110	92
Carbohydrates (g)	22	13	22	15	29	15	18
Protein (g)	80	73	80	96	79	96	74