





















Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Breakfast							
 Breakfast Florentine Burger (4)	 Breakfast Florentine Burger (leftovers) (4)	HOT  POCKETS (6)	Bacon and Eggs  Ramen (4)	HOT  POCKETS (leftovers) (6)	Bacon and Eggs  Ramen (leftovers) (4)	Bacon  Mushroom and Green Onion ROSTI (2)	
Dinner							
SPICY  GRILLED SHRIMP WITH MOJO VERDE (4)	 REUBEN MEATBALLS (8)	 REUBEN MEATBALLS (leftovers) (8)	SPICY  GRILLED SHRIMP WITH MOJO VERDE (leftovers) (4)	 REUBEN MEATBALLS (leftovers) (8)	 REUBEN MEATBALLS (leftovers) (8)	Chili Rellenos  (2)	
Side Dish							
SIMPLE CRAB SALAD (2) 		SIMPLE CRAB SALAD (2) 	 Ethiopian Stew (Spicy Chicken Stew) (8)	 Panzanella Salad (5)	 Ethiopian Stew (Spicy Chicken Stew) (leftovers) (8)	 Ethiopian Stew (Spicy Chicken Stew) (leftovers) (8)	
Nutrition Facts Per Serving							
Calories (kcal)	1387	1060	1073	1184	1171	1239	1184
Fat (g)	108	82	79	87	95	88	90
Carbohydrates (g)	14	9	9	24	9	23	22
Protein (g)	89	71	82	78	71	91	74