
























Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Breakfast							
 Chocolate Pudding (5)	 Ham and Egg Cups (2)	 Chocolate Pudding (leftovers) (5)	 Poached Salmon with Creamy Dill Sauce (4)	 Ham and Egg Cups (2)	 Breakfast Florentine Burger (4)	 Breakfast Florentine Burger (leftovers) (4)	
Dinner							
 HOT n SPICY COUNTRY STYLE RIBS (8)	 HOT n SPICY COUNTRY STYLE RIBS (leftovers) (8)	 HOT n SPICY COUNTRY STYLE RIBS (leftovers) (8)	 Tom Ka Gai Chicken (4)	 HOT n SPICY COUNTRY STYLE RIBS (leftovers) (8)	 Lemon-Thyme Poached Halibut (4)	 Lemon-Thyme Poached Halibut (leftovers) (4)	
Side Dish							
 CLEANSING GINGER SOUP (4)	 7 Layer Salad (12)	 CLEANSING GINGER SOUP (leftovers) (4)	 7 Layer Salad (leftovers) (12)	 7 Layer Salad (leftovers) (12)	 7 Layer Salad (leftovers) (12)	 7 Layer Salad (leftovers) (12)	
 COBB SALAD IN JARS (4)		 COBB SALAD IN JARS (leftovers) (4)					
Nutrition Facts Per Serving							
Calories (kcal)	1044	1042	1044	1229	1042	1170	1170
Fat (g)	73	71	73	92	71	87	87
Carbohydrates (g)	12	10	12	17	10	10	10
Protein (g)	89	91	89	84	91	84	84