March 2021

	MON	TUES	WED	THUR	FRI	SAT	SUN
	1	2	3	4	5	6	7
BREAKFAST	Raspberry Chia Pudding Protein Shake	Raspberry Chia Pudding Protein Shake	Raspberry Chia Pudding Protein Shake	Raspberry Chia Pudding Protein Shake	Raspberry Chia Pudding Protein Shake	Raspberry Chia Pudding Protein Shake	Raspberry Chia Pudding Protein Shake
SNACK	Celery with Nutella BCAA w/ Collagen Drink	Celery with Nutella BCAA w/ Collagen Drink	Celery with Nutella BCAA w/ Collagen Drink	Celery with Nutella BCAA w/ Collagen Drink	Celery with Nutella BCAA w/ Collagen Drink	Celery with Nutella BCAA w/ Collagen Drink	Celery with Nutella BCAA w/ Collagen Drink
LUNCH	Fettucine Alfredo Salad w/ ham + eggs	Fettucine Alfredo Salad w/ ham + eggs	Fettucine Alfredo Salad w/ ham + eggs	Fettucine Alfredo Salad w/ ham + eggs	Fettucine Alfredo Salad w/ ham + eggs	Fettucine Alfredo Salad w/ ham + eggs	Fettucine Alfredo Salad w/ ham + eggs
SNACK	Cottage cheese with blueberries	Cottage cheese with blueberries	Cottage cheese with blueberries	Cottage cheese with blueberries	Cottage cheese with blueberries	Cottage cheese with blueberries	Cottage cheese with blueberries
DINNER	General Tsos Chicken Roasted Broccoli	General Tsos Chicken Roasted Broccoli	General Tsos Chicken Roasted Broccoli	General Tsos Chicken Roasted Broccoli	General Tsos Chicken Roasted Broccoli	General Tsos Chicken Roasted Broccoli	General Tsos Chicken Roasted Broccoli
DESSERT	Yasso bars	Yasso bars	Yasso bars	Yasso bars	Yasso bars	Yasso bars	Yasso bars
	8	9	10	11	12	13	14
BREAKFAST	Protein pancakes Amylu Chicken Sausage	Protein pancakes Amylu Chicken Sausage	Protein pancakes Amylu Chicken Sausage	Protein pancakes Amylu Chicken Sausage	Protein pancakes Amylu Chicken Sausage	Protein pancakes Amylu Chicken Sausage	Protein pancakes Amylu Chicken Sausage
SNACK	Greek Yogurt Raspberries	Greek Yogurt Raspberries	Greek Yogurt Raspberries	Greek Yogurt Raspberries	Greek Yogurt Raspberries	Greek Yogurt Raspberries	Greek Yogurt Raspberries
LUNCH	Garlic Seasame Chicken Grilled Bell Peppers and Onions	Garlic Seasame Chicken Grilled Bell Peppers and Onions	Garlic Seasame Chicken Grilled Bell Peppers and Onions	Garlic Seasame Chicken Grilled Bell Peppers and Onions	Garlic Seasame Chicken Grilled Bell Peppers and Onions	Garlic Seasame Chicken Grilled Bell Peppers and Onions	Garlic Seasame Chicken Grilled Bell Peppers and Onions
SNACK	Cucumbers and peppers Veggie Dip	Cucumbers and peppers Veggie Dip	Cucumbers and peppers Veggie Dip	Cucumbers and peppers Veggie Dip	Cucumbers and peppers Veggie Dip	Cucumbers and peppers Veggie Dip	Cucumbers and peppers Veggie Dip
DINNER	Chipotle Apricot Pork BBQ Sandwich Garlic mashed potatoes	Chipotle Apricot Pork BBQ Sandwich Garlic mashed potatoes	Chipotle Apricot Pork BBQ Sandwich Garlic mashed potatoes	Chipotle Apricot Pork BBQ Sandwich Garlic mashed potatoes	Chipotle Apricot Pork BBQ Sandwich Garlic mashed potatoes	Chipotle Apricot Pork BBQ Sandwich Garlic mashed potatoes	Chipotle Apricot Pork BBQ Sandwich Garlic mashed potatoes
DESSERT	Cool whip with frozen berries	Cool whip with frozen berries	Cool whip with frozen berries	Cool whip with frozen berries	Cool whip with frozen berries	Cool whip with frozen berries	Cool whip with frozen berries

	15	16	17	18	19	20	21
BREAKFAST	Skillet eggs, spinach , turkey sausage, hash browns	Skillet eggs, spinach , turkey sausage, hash browns	Skillet eggs, spinach , turkey sausage, hash browns	Skillet eggs, spinach , turkey sausage, hash browns	Skillet eggs, spinach , turkey sausage, hash browns	Skillet eggs, spinach , turkey sausage, hash browns	Skillet eggs, spinach , turkey sausage, hash browns
SNACK	Kodiak protein balls Apple	Kodiak protein balls Apple	Kodiak protein balls Apple	Kodiak protein balls Apple	Kodiak protein balls Apple	Kodiak protein balls Apple	Kodiak protein balls Apple
LUNCH	Sesame Beef Zucchini Chips with Mozzarela	Sesame Beef Zucchini Chips with Mozzarela	Sesame Beef Zucchini Chips with Mozzarela	Sesame Beef Zucchini Chips with Mozzarela	Sesame Beef Zucchini Chips with Mozzarela	Sesame Beef Zucchini Chips with Mozzarela	Sesame Beef Zucchini Chips with Mozzarela
SNACK	Baby Carrots Hummus	Baby Carrots Hummus	Baby Carrots Hummus	Baby Carrots Hummus	Baby Carrots Hummus	Baby Carrots Hummus	Baby Carrots Hummus
DINNER	Cauliflower Crust Pizza (BBQ, flank steak, red onions) Salad w/ Bacon Bits & Eggs	Cauliflower Crust Pizza (BBQ, flank steak, red onions) Salad w/ Bacon Bits & Eggs	Cauliflower Crust Pizza (BBQ, flank steak, red onions) Salad w/ Bacon Bits & Eggs	Cauliflower Crust Pizza (BBQ, flank steak, red onions) Salad w/ Bacon Bits & Eggs	Cauliflower Crust Pizza (BBQ, flank steak, red onions) Salad w/ Bacon Bits & Eggs	Cauliflower Crust Pizza (BBQ, flank steak, red onions) Salad w/ Bacon Bits & Eggs	Cauliflower Crust Pizza (BBQ, flank steak, red onions) Salad w/ Bacon Bits & Eggs
DESSERT	Yasso bars	Yasso bars	Yasso bars	Yasso bars	Yasso bars	Yasso bars	Yasso bars

	22	23	24	25	26	27	28
BREAKFAST	Oatmeal with bananas, blueberries, protein powder	Oatmeal with bananas, blueberries, protein powder	Oatmeal with bananas, blueberries, protein powder	Oatmeal with bananas, blueberries, protein powder	Oatmeal with bananas, blueberries, protein powder	Oatmeal with bananas, blueberries, protein powder	Oatmeal with bananas, blueberries, protein powder
SNACK	Snap Peas and Bell Peppers Veggies Dip	Snap Peas and Bell Peppers Veggies Dip	Snap Peas and Bell Peppers Veggies Dip	Snap Peas and Bell Peppers Veggies Dip	Snap Peas and Bell Peppers Veggies Dip	Snap Peas and Bell Peppers Veggies Dip	Snap Peas and Bell Peppers Veggies Dip
LUNCH	Chicken and shrimp fajitas	Chicken and shrimp fajitas	Chicken and shrimp fajitas	Chicken and shrimp fajitas	Chicken and shrimp fajitas	Chicken and shrimp fajitas	Chicken and shrimp fajitas
SNACK	Kodiak protein brownies	Kodiak protein brownies	Kodiak protein brownies	Kodiak protein brownies	Kodiak protein brownies	Kodiak protein brownies	Kodiak protein brownies
DINNER	Mongolian Beef w/Bell Peppers Chipotle Lime Mashed Sweet Potatoes	Mongolian Beef w/Bell Peppers Chipotle Lime Mashed Sweet Potatoes	Mongolian Beef w/Bell Peppers Chipotle Lime Mashed Sweet Potatoes	Mongolian Beef w/Bell Peppers Chipotle Lime Mashed Sweet Potatoes	Mongolian Beef w/Bell Peppers Chipotle Lime Mashed Sweet Potatoes	Mongolian Beef w/Bell Peppers Chipotle Lime Mashed Sweet Potatoes	Mongolian Beef w/Bell Peppers Chipotle Lime Mashed Sweet Potatoes
DESSERT	Yasso Bars	Yasso Bars	Yasso Bars	Yasso Bars	Yasso Bars	Yasso Bars	Yasso Bars

	29	30	31
BREAKFAST	Oatmeal with bananas, blueberries, protein powder	Oatmeal with bananas, blueberries, protein powder	Oatmeal with bananas, blueberries, protein powder
SNACK	Snap Peas and Bell Peppers Veggies Dip	Snap Peas and Bell Peppers Veggies Dip	Snap Peas and Bell Peppers Veggies Dip
LUNCH	Chicken and shrimp fajitas	Chicken and shrimp fajitas	Chicken and shrimp fajitas
SNACK	Kodiak protein brownies	Kodiak protein brownies	Kodiak protein brownies
DINNER	Mongolian Beef w/Bell Peppers Chipotle Lime Mashed Sweet Potatoes	Mongolian Beef w/Bell Peppers Chipotle Lime Mashed Sweet Potatoes	Mongolian Beef w/Bell Peppers Chipotle Lime Mashed Sweet Potatoes
DESSERT	Cool whip with frozen berries	Cool whip with frozen berries	Cool whip with frozen berries