

January 5th-11th

Meal plan for the week

	Breakfast	Lunch	Snack 2	Dinner
Monday	Zucchini and Sweet potato latkes with black coffee	Turkey Avocado Wrap	Coconut vanilla nut mix	Spaghetti Squash pad thai with shrimp
Tuesday	Soft Boiled Eggs, Tomato, & Avocado with black coffee	Spaghetti Squash pad thai	Zucchini and sweet potato latke (1)	Taco's
Wednesday	Butternut Squash Porridge with Black Coffee	taco's in lettuce cup	Artichoke Dip w/ Veggies	Sausage and veggie bake
Thursday	Soft Boiled Eggs, Tomato, & Avocado with black coffee	Bell pepper sandwich with salami and lettuce	Cucumber and Tomato Salad	Roasted Chicken Thighs
Friday	Butternut Squash Porridge with Black Coffee	Cobb Salad with hardboiled eggs and grilled chicken	Artichoke Dip w/ Veggies	Sloppy Joe Stuffed Pepper
Saturday	2 Eggs over easy with bacon and potatoes with Black Coffee	salad	Coconut vanilla nut mix	Pork chops
Sunday	Scrambled Eggs with sausage and potatoes with Black Coffee	pork chop over salad	Celerey with Almond Butter	"Enchilada's"