

Meal Calendar

	BREAKFAST	LUNCH	SUPPER
SUNDAY	Crustless Quiche	Pizza toppings	Salmon Fajitas
MONDAY	Turkey bacon deviled eggs	Lettuce wrap- deli turkey, Munster cheese, red onion, and spicy mustard	Beef and Cabbage
TUESDAY	Turkey bacon deviled eggs	Leftover beef and cabbage	Sweet Sriracha Chicken Wings
WEDNESDAY	Dannon Light n Fit Greek yogurt	Tuna salad with protein pretzels	Taco salad
THURSDAY	Protein Bar	Chicken Nachos	Tofu Scramble
FRIDAY	Turkey bacon	(Leftovers)	Spicy Cheddar Ranch meatballs
SATURDAY	Migas	(Leftovers)	Dutch Oven Roast and side salad