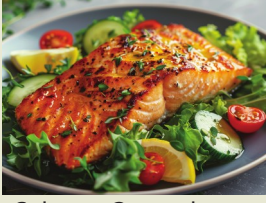
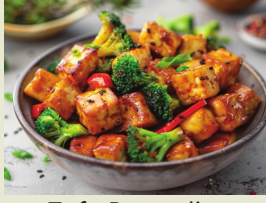
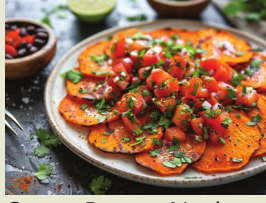
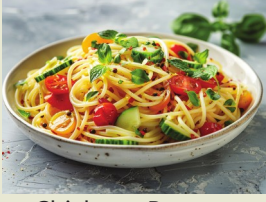
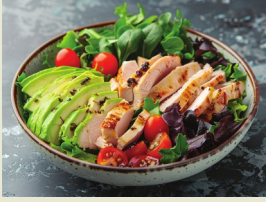
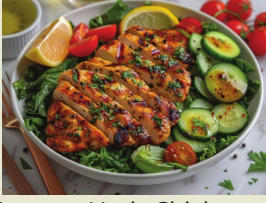
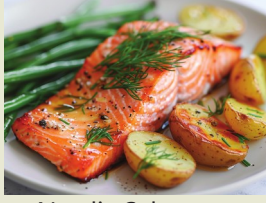
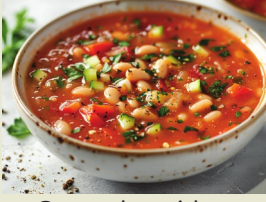
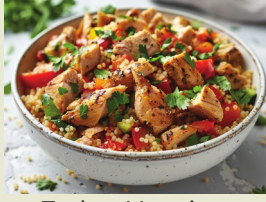


Week 1	Breakfast	Lunch	Dinner	Snack & Appetizer
Day 1	 Lemon Berry Skyr Bowl — p. 10	 Greek Pita Kits — p. 22	 Herb Chicken & Zucchini — p. 39	 Ginger Fruit Bowl — p. 33
Day 2	 Tomato Basil Toast — p. 8	 Avocado Yogurt Pasta — p. 19	 Garlic Shrimp & Rice — p. 40	 Bean Corn Salsa Cups — p. 34
Day 3	 Microwave Polenta Bowl — p. 9	 Zucchini Ribbon Bean Salad — p. 32	 Cod & Green Beans Skillet — p. 40	 Apple PB Dip — p. 35
Day 4	 Focaccia with Tomato — p. 9	 Veggie Egg White Fried Rice — p. 20	 Turkey Sweet Potato Hash — p. 42	 Berry Ricotta Bowl — p. 34
Day 5	 Berry Spinach Smoothie — p. 14	 Shrimp Zucchini Orzo — p. 20	 Turkey Veggie Rice Soup — p. 44	 Ginger Sesame Green Beans — p. 37
Day 6	 Cottage Veggie Crunch Bowl — p. 10	 Salmon Cucumber Salad — p. 21	 Tofu Broccoli Stir-Fry — p. 43	 Sweet Potato Nacho Rounds — p. 38
Day 7	 Banana Oat Pancakes — p. 16	 Chickpea Pasta Packs — p. 23	 One-Pot Lentil Tomato Orzo — p. 48	 Strawberry Banana Nice Cream — p. 58

Week 2	Breakfast	Lunch	Dinner	Snack & Appetizer
Day 8	 Miso-Free Tofu Rice Bowl — p. 12	 Tuna Bean Bowl — p. 22	 Turkey Taco Salad Bowl — p. 41	 No-Salt Trail Mix — p. 35
Day 9	 Ginger Scallion Oat Congee — p. 11	 Roasted Veggie Wraps — p. 25	 Cod & Green Beans Skillet — p. 40	 Avocado Tomato Toast — p. 36
Day 10	 Chia Citrus Pudding — p.15	 Quick Tomato Lentil Soup — p. 21	 Chicken Paprika Paella — p. 50	 Cinnamon Raisin Oat Cookies — p. 60
Day 11	 Cod Spinach Egg Whites — p. 12	 Turkey Avocado Bowl — p. 24	 Salmon Sheet Pan Veggies — p. 41	 Pumpkin Spice Parfait — p. 58
Day 12	 Quinoa Blueberry Almond Salad — p. 18	 Orange-Lime Shrimp Slaw — p. 30	 Chicken Beans Sweet Potato — p. 52	 Lychee Berry Bowl — p. 56
Day 13	 Peach Flax Yogurt Cup — p. 15	 Lemon-Herb Chicken Romaine — p. 29	 Nordic Salmon Dill Plate — p. 49	 Ranch Cucumber Boats — p. 38
Day 14	 Broccoli Cranberry Yogurt Crunch — p. 18	 Gazpacho with Beans — p.28	 Turkey Veggie Couscous — p. 44	 Mango Chia Cup — p. 36

Week 3	Breakfast	Lunch	Dinner	Snack & Appetizer
Day 15	 Tortilla Style Egg Whites — p. 13	 Black Bean Jicama Crunch — p. 26	 Chicken Broccoli Pasta — p. 43	 Strawberry Banana Nice Cream — p. 58
Day 16	 Apple Cinnamon Fritters — p. 16	 Salmon Cucumber Rice Bowl — p. 24	 Tofu Broccoli Stir-Fry — p. 43	 Cucumber Cottage Cups — p. 37
Day 17	 Cranberry Orange Oats — p. 17	 Egg White Wrap — p. 27	 Tilapia Tomato Basil Bake — p. 42	 Apple Berry Crumble — p. 61
Day 18	 Zucchini Herb Fritters — p. 17	 Japanese Soba Veggie Bowl — p. 28	 Spanish-Style Turkey Meatballs — p. 49	 Ginger Fruit Bowl — p. 33
Day 19	 Chia Cocoa Pudding — p. 59	 Tuna Avocado Celery Salad — p. 31	 Bean Burger Patties — p. 48	 Avocado Tomato Toast — p. 36
Day 20	 Cod Spinach Egg Whites — p. 12	 Roasted Cauliflower Chickpea Tahini — p. 30	 Herb Chicken & Zucchini — p. 39	 Lemon Yogurt Freeze Pops — p. 60
Day 21	 Berry Spinach Smoothie — p. 14	 Chicken Quinoa Salad — p. 23	 Lemon Garlic Shrimp — p. 45	 Blueberry Lemon Oat Muffins — p. 57

Week 4
Breakfast
Lunch
Dinner
Snack & Appetizer
Day 22


Pumpkin
Spice Oats — p. 11



Chickpea Pasta
Packs — p. 23



Turkey Taco
Lettuce Boats — p. 41



Pumpkin Spice
Parfait — p. 58

Day 23


Microwave Polenta
Bowl — p. 9



Greek Pita
Kits — p. 22



Turkey Veggie
Rice Soup — p. 44



Cinnamon Raisin
Oat Cookies — p. 60

Day 24


Tomato Basil
Toast — p. 8



Quick Tomato
Lentil Soup — p. 21



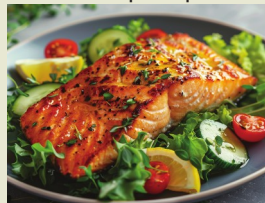
Chickpea Spinach
Skillet — p. 50



No-Salt Trail
Mix — p. 35

Day 25


Korean-Style Egg
Scramble — p. 13



Salmon Cucumber
Salad — p. 24



White Bean
Kale Salad — p. 55



Avocado Tomato
Toast — p. 36

Day 26


Lemon Berry Skyr
Bowl — p. 10



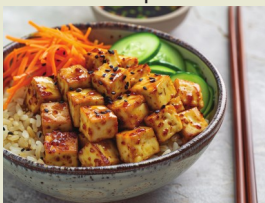
Hummus Veggie
Pita — p. 26



Chicken Veggie
Soup — p. 47



Sweet Potato
Nacho Rounds — p. 38

Day 27


Miso-Free Tofu
Rice Bowl — p. 12



Gazpacho
with Bean — p. 28



Ginger Lime
Scallops Peas — p. 52



Mango Chia
Cup — p. 36

Day 28


Focaccia with
Tomato — p. 9



Avocado Yogurt
Pasta — p. 19



Turkey Veggie
Couscous — p. 44



Berry Ricotta
Bowl — p. 34

	Breakfast	Lunch	Dinner	Snack & Appetizer
Day 29	 Apple Cinnamon Fritters — p. 16	 Zucchini Ribbon Bean Salad — p. 32	 Turkey Sweet Potato Hash — p. 42	 Apple PB Dip — p. 35
Day 30	 Chia Citrus Pudding — p.15	 Tuna Bean Bowl — p. 22	 Salmon Sheet Pan Veggies — p. 41	 Bean Corn Salsa Cups — p. 34

