

	Day 1	Day 2	Day 3	Day 4	Day 5		
Breakfast	Blueberry Protein Pancakes	Cottage Cheese Bowl	Blueberry Protein Pancakes	Cottage Cheese Bowl	Blueberry Protein Pancakes	Blueberry Protein Pancakes Calories: 200 Fat: 7 g Sodium: 215mg Carbohydrate: 25g Fiber: 4 g Protein: 10 g	Cottage Cheese Bowl Calories: 250 Fat: 3g Sodium: 930mg Carbohydrates: 30g Sugar 22g Fiber: 4g Protein: 24g
Lunch	Black bean sweet potato burger	Meal Prep Meatballs	Black bean sweet potato burger	Meal Prep Meatballs	Black bean sweet potato burger	Black Bean Sweet Potato Burger Calories: 286 Fat: 2.5g Sodium: 530mg Carbohydrates: 51g Fiber: 12g Protein: 16g	Meal Prep Meatballs Calories: 193 Fat: 9g Sodium: 81mg Carbohydrates: 3g Fiber: 1g Protein: 24g
Dinner	Braised Chicken and Rice Calories 334 Total Fat: 8g Sodium: 374mg Carbohydrate: 32g Fiber: 1.5g Protein: 34g	Pantry Taco Soup Calories: 263 Fat: 1.5g Sodium: 716mg Carbohydrates: 51g Sugar: 4g Fiber: 13g Protein: 12g	Chicken Stir-Fry Calories: 141 Fat: 2g Sodium: 573mg Carbohydrates: 15g Sugar: 8g Fiber: 3g Protein: 15g	Sheet Pan Cancun Shrimp Calories: 147 Fat: 1g Sodium: 141mg Carbohydrates: 11g Sugar: 5g Fiber: 4g Protein: 26g	Chicken Enchilada Stuffed Spaghetti Squash Calories: 277 Fat: 10.5g Sodium: 698mg Carbohydrates: 13g Sugar: 4g Fiber: 3g Protein: 33g		

CHO = carbohydrate, gm = grams