

	Day 1	Day 2	Day 3	Day 4	Day 5		
Breakfast	Protein Packed Breakfast Burrito	Overnight Oats	Protein Packed Breakfast Burrito	Overnight Oats	Protein Packed Breakfast Burrito	Overnight Oats Calories: 170 Fat: 2g Sodium: 54mg Carbohydrates: 27g Sugar: 6g Fiber: 3g Protein: 12g	Protein Packed Breakfast Burrito Calories: 198 Fat: 8g Sodium: 483mg Carbohydrates: 25g Sugar: 1g Fiber: 17g Protein: 21g
Lunch	California Roll Sushi Bowl	Apple Cheddar Turkey Wrap	California Roll Sushi Bowl	Apple Cheddar Turkey Wrap	California Roll Sushi Bowl	California Roll Sushi Bowl Calories: 246 Fat: 10g Sodium: 645mg Carbohydrates: 30 g Fiber: 5g Protein: 10.5 g	Apple Cheddar Turkey Wrap Calories: 294 Fat: 15g Sodium: 1000mg Carbohydrates: 29g Sugar: 8g Fiber: 16g Protein: 29g
Dinner	Stovetop Chicken Divan Calories: 400 Total Fat: 16.5g Sodium: 600mg Carbohydrates: 28 g Fiber: 3.5 g Protein: 32 g	Pesto Salmon and Italian Vegetable Packets Calories: 332 Total: 17g Sodium: 362mg Carbohydrates: 12g Fiber: 2.5g Protein: 36g	Ground Turkey and Sweet Potato Skillet Calories 345 Total Fat: 10g Sodium: 520mg Carbohydrates: 32g Fiber: 8.5g Protein: 38.5g	Chicken salsa fresca Calories: 223 Fat: 8g Sodium: 138mg Carbohydrates: 9g Sugar: 4g Fiber: 1g Protein: 30g	Pizza Zucchini Boats Calories: 260 Fat: 9g Sodium: 846mg Carbohydrates: 11g Sugar: 8g Fiber: 3g Protein: 35g		

CHO = carbohydrate, gm = grams