

Delivery Date	WEEKLY MEALS	MEALS	CALORIES	PROTEIN	% Protein	CARBS	% Carbs	FATS	% Fats	Gluten Free/Dairy Free
	<b>Client:</b>									
<b>Monday, April 29, 2024</b>	<b>Week One</b>	<b>First Delivery:</b>								
	<b>DAY 1</b>		<b>CALORIES</b>	<b>PROTEIN</b>	<b>%</b>	<b>CARBS</b>	<b>%</b>	<b>FATS</b>	<b>%</b>	
	<b>BREAKFAST</b>	Ain't No Yolk Omelette - O/S	280	43		9		7		GF
	<b>LUNCH</b>	Salmon & Smash - LG	500	47		15		28		
	<b>DINNER</b>	Lem-N-Pepa Chicken - LG	450	49		37		14		DF/GF
	<b>SNACK 1</b>	Chocolate Almond Energy Balls	370	9		45		19		GF
	<b>SNACK 2</b>	PB Crunch Protein Pudding	330	21		20		18		GF
		<b>Daily Total:</b>	<b>1,930</b>	<b>169</b>	<b>35%</b>	<b>126</b>	<b>26%</b>	<b>86</b>	<b>40%</b>	
	<b>DAY 2</b>		<b>CALORIES</b>	<b>PROTEIN</b>	<b>%</b>	<b>CARBS</b>	<b>%</b>	<b>FATS</b>	<b>%</b>	
	<b>BREAKFAST</b>	Balanced Breakfast - LG	460	34		41		17		DF/GF
	<b>LUNCH</b>	Southwest Salad	480	34		37		24		GF
	<b>DINNER</b>	Cajun Fit Chicken - LG	410	50		44		6		DF/GF
	<b>SNACK 1</b>	Fruit & Vanilla Yogurt Dip	120	5		22		2		GF
	<b>SNACK 2</b>	Clean Beans	360	18		45		10		DF/GF
		<b>Daily Total:</b>	<b>1,830</b>	<b>141</b>	<b>31%</b>	<b>189</b>	<b>41%</b>	<b>59</b>	<b>29%</b>	
	<b>DAY 3</b>		<b>CALORIES</b>	<b>PROTEIN</b>	<b>%</b>	<b>CARBS</b>	<b>%</b>	<b>FATS</b>	<b>%</b>	
	<b>BREAKFAST</b>	Champion's Scramble - LG	330	39		6		16		DF/GF
	<b>LUNCH</b>	JZ's Power Steak Salad - LG	440	36		35		18		DF/GF
	<b>DINNER</b>	Dinner In Sparta - LG	500	45		32		22		GF
	<b>SNACK 1</b>	Collagen Protein Brownie (One)	200	7		21		13		GF
	<b>SNACK 2</b>	Salted Caramel Coconut Balls	270	7		27		15		GF
		<b>Daily Total:</b>	<b>1,740</b>	<b>134</b>	<b>31%</b>	<b>121</b>	<b>28%</b>	<b>84</b>	<b>43%</b>	
<b>Thursday, May 2, 2024</b>		<b>Second Delivery:</b>								
	<b>DAY 4</b>		<b>CALORIES</b>	<b>PROTEIN</b>	<b>%</b>	<b>CARBS</b>	<b>%</b>	<b>FATS</b>	<b>%</b>	
	<b>BREAKFAST</b>	Get Shredded Hash - LG	570	39		30		33		DF/GF
	<b>LUNCH</b>	Hail the Kale Caesar	620	40		25		42		GF
	<b>DINNER</b>	The Turkey Dinner - LG	410	48		45		4.5		DF/GF
	<b>SNACK 1</b>	Chia Pudding	250	4		23		18		GF
	<b>SNACK 2</b>	Thrive Wagyu Beef Bar - Honey Line	130	13		8		5		DF/GF
		<b>Daily Total:</b>	<b>1,980</b>	<b>144</b>	<b>29%</b>	<b>131</b>	<b>26%</b>	<b>103</b>	<b>47%</b>	
	<b>DAY 5</b>		<b>CALORIES</b>	<b>PROTEIN</b>	<b>%</b>	<b>CARBS</b>	<b>%</b>	<b>FATS</b>	<b>%</b>	
	<b>BREAKFAST</b>	The Breakwich - O/S	380	20		34		17		
	<b>LUNCH</b>	Molto Bene Chicken - LG	470	54		15		21		GF
	<b>DINNER</b>	Fired Up! Tandoori Chicken - LG	400	37		40		12		GF
	<b>SNACK 1</b>	Chicken Salad Snacker	370	26		22		20		GF
	<b>SNACK 2</b>	Daryl's Protein Bar	230	22		16		9		GF
		<b>Daily Total:</b>	<b>1,850</b>	<b>159</b>	<b>34%</b>	<b>127</b>	<b>27%</b>	<b>79</b>	<b>38%</b>	
	<b>DAY 6</b>		<b>CALORIES</b>	<b>PROTEIN</b>	<b>%</b>	<b>CARBS</b>	<b>%</b>	<b>FATS</b>	<b>%</b>	
	<b>BREAKFAST</b>	CocoBanana French Toast - LG	620	34		59		27		
	<b>LUNCH</b>	Lean Samurai Steak - LG	370	40		21		16		DF/GF
	<b>DINNER</b>	Killer Enchiladas - Turkey - LG	450	33		46		14		GF
	<b>SNACK 1</b>	Coconut Blueberry Chia Muesli	240	13		32		7		GF
	<b>SNACK 2</b>	Roasted Lentils	140	10		25		2		DF/GF
		<b>Daily Total:</b>	<b>1,820</b>	<b>130</b>	<b>29%</b>	<b>183</b>	<b>40%</b>	<b>66</b>	<b>33%</b>	