

Feb 14 – 20

	Sun 14	Mon 15	Tue 16	Wed 17	Thu 18	Fri 19	Sat 20
Breakfast		Breakfast Lemon Blueberry Baked Oatmeal CAL: 357 FAT: 17g CAR: 50g PRO: 6g	Breakfast Breakfast Meal Prep Fruit and Yogurt Bistro Box CAL: 310 FAT: 1 g CAR: 53 g PRO: 25 g	Breakfast Leftover Lemon Blueberry Baked Oatmeal CAL: 357 FAT: 17g CAR: 50g PRO: 6g	Breakfast Leftover Breakfast Meal Prep Fruit and Yogurt Bistro Box CAL: 310 FAT: 1 g CAR: 53 g PRO: 25 g	Breakfast Leftover Lemon Blueberry Baked Oatmeal CAL: 357 FAT: 17g CAR: 50g PRO: 6g	Breakfast
Lunch		Lunch BLT Roll Ups with Turkey and Avocado CAL: 341 FAT: 16 g CAR: 29 g PRO: 22 g	Lunch DIY Pizza Lunchables	Lunch BLT Roll Ups with Turkey and Avocado CAL: 341 FAT: 16 g CAR: 29 g PRO: 22 g	Lunch DIY Pizza Lunchables	Lunch BLT Roll Ups with Turkey and Avocado CAL: 341 FAT: 16 g CAR: 29 g PRO: 22 g	Lunch
Dinner		Dinner Recipe for Slow Cooker Chicken Lemon Orzo Soup CAL: 263 FAT: 6.6 g CAR: 27 g PRO: 21.8 g	Dinner	Dinner	Dinner	Dinner	Dinner
Snacks		Snacks Nutrition CAL: 961 FAT: 39.6g CAR: 106g PRO: 49.8g	Snacks Nutrition CAL: 310 FAT: 1 g CAR: 53 g PRO: 25 g	Snacks Nutrition CAL: 698 FAT: 33g CAR: 79g PRO: 28g	Snacks Nutrition CAL: 310 FAT: 1 g CAR: 53 g PRO: 25 g	Snacks Nutrition CAL: 698 FAT: 33g CAR: 79g PRO: 28g	Snacks

