



# January 14th - 26th

Everyday Salad Option!!

**Breakfast** : These 4 options will be available everyday (Monday - Saturday)

<p>1) Huevos Rancheros 400 Calories, 13g Fat, 41g Carbs, 30g Protein <b>Week 1- M T W TH F Sat Week 2- M T W TH F Sat</b></p>	<p>3) Egg White Omelette 283 Calories, 8g Fat, 27g Carbs, 26g Protein <b>Week 1- M T W TH F Sat Week 2- M T W TH F Sat</b></p>	<p><b>Mini Mega Garden Salad</b> 350 Calories <u>Gluten Free</u> Circle Days Week One: M T W TH Fri Sat Week Two: M T W TH Fri Sat</p> <p><b>Salmon and Kale (NOW Every Day!!)</b> 414 Calories, 16g fat, 12g Carbs, 40g Protein <u>Gluten Free</u> Circle Days Week One: M T W TH Fri Sat Week Two: M T W TH Fri Sat</p>
<p>2) Healthier Wolfe's Sausage Burrito 304 Calories, 20.3g Fat, 7.9g Carbs, 21.6g Protein <b>Week 1- M T W TH F Sat Week 2- M T W TH F Sat</b></p>	<p>4) Greek Yogurt Granola and Berries Bowl 424 Calories, 6g Fat, 58g Carbs, 27g Protein, 3g Fiber <b>Week 1- M T W TH F Sat Week 2- M T W TH F Sat</b></p>	

	Monday, January 14, 2019	Tuesday, January 15, 2019	Wednesday, January 16, 2019	Thursday, January 17, 2019	Friday, January 18, 2019	Saturday, January 19, 2019
Lunch	69 <b>Steak and Arugula Salad</b> , balsamic vinaigrette, 412 calories, 28 carbs, 38 protein, 15 fat	118 <b>Lemon Chicken with Asparagus and Potatoes</b> , 373 Calories, 18g fat, 13g Carbs, 23g Protein <b>GF</b>	51 <b>Chicken Piccata</b> , Vegetable, Angel Hair Patsa with garlic and oil, Fruit 610 Cal, 23g fat, 56g protein, 47g carbs	47 <b>Teriyaki Salmon Burger with Sesame-Ginger Mayonnaise</b> 420 Calories, 14g Fat, 32g Carbs, 39g Protein	104 <b>Healthier General Tso's Chicken</b> 403 Calories, 9g fat, 19 Carbs, 50g Protein GF	NEW* <b>Avocado Zucchini Alfredo with Shrimp</b> 298 Calories, 13g fat, 17 Carbs, 19g Protein <b>GF</b>
Dinner	104 <b>Baked Chicken Parmesan</b> , 251 Calories, 9.5G Fat, 14g Carbs, 31.5g Protein	68 <b>Turkey Burger</b> , Baked Sweet Potato Fries, 438 Calories, Fat 11g, 54g Carbs, 25g Protein	113 <b>Mexican Tacos (Turkey Meat)</b> , 435 Calories, 15g Fat, 35g Carbs, 29g Protein <b>GF</b>	106 <b>Roasted Chicken Breasts With Rosemary</b> 290 Calories, 10g Fat, 10g Carbs, 28g Protein	112 <b>BBQ Chicken Salad</b> 480 Calories, 21g Fat, 44g Carbs, 31g Protein	<b>Salmon, Baby Potatoes and Asparagus</b> 409 Calories, 15g Fat, 14g Carbs, 34 g Protein <b>GF</b>
Vegetarian Meal	25 <b>Veggie Burger</b> with whole wheat Sandwich Thin and Grilled Veggies	25 <b>Veggie Burger Barley Bowl</b> , 350 Calories	37 <b>Sweet Potato and Black Bean Burritos</b> , 467 Calories, 13g Fat, 67g Carbs, 25g Protein	37 <b>Sweet Potato and Black Bean Burritos</b> , 467 Calories, 13g Fat, 67g Carbs, 25g Protein	119 <b>Stir Fry with Tofu and Almonds</b> 271 Calories, 18g Fat, 18 Carbs, 15g Protein	<b>Spring Roll Wrap</b> <b>GF</b>

	Monday, January 21, 2019	Tuesday, January 22, 2019	Wednesday, January 23, 2019	Thursday, January 24, 2019	Friday, January 25, 2019	Saturday, January 26, 2019
Lunch	101 <b>Pasta Puttanesca</b> , 311 calories, 9g Fat, 50g Carbs, 13g Protein, 2g Fiber	70 <b>Chicken Bruschetta Salad Wrap</b> 400 Calories, 14g Fat, 40g Protein, 31g Carbs	115 <b>Coconut Chicken Salad</b> , 397.6 Cal, 11g Fat, 32.5 Carbs, 26.8g Protein	<b>Creamy Caulisotto with Roasted Chicken</b> , 456 Calories, 26g Fat, 13g Carbs, 48g Protein	12 <b>Sweet Pepper Pork</b> , Vegetable, Grain, Fruit 630 Calories, 24g Fat, 56g Protein, 47 Carbs	NEW <b>Over Loaded Baked Sweet Potato with Ground Turkey</b>
Dinner	105 <b>Kale and Turkey Sausage Pasta</b> 321 calories, 8g fat, 43g Carbs, 23g Protein	42 <b>Fish Tacos</b> 420 Calories, 14g Fat, 42g Protein, 24 Carbs	NEW <b>Honey Mustard Salmon with roasted veggies</b> , 304.6 Calories, 11.6g Fat, 10.2g Carbs, 36.5g Protein	<b>BBQ Turkey Meatloaf</b> green beans and mashed yams	114 <b>Steak Sesame Salad</b> 541 Calories, 29g Fat, 51g Carbs, 27g Protein, 7g Fiber	<b>Mexican Style Salmon</b> with green sauce 468 Calories, 19g Fat, 20g Carbs, 41g Protein
Vegetarian Meal	117 <b>Bean Enchiladas</b> , 277 Calories, 2g Fat, 55g Carbs, 11g Protein, 12g Fiber, 87g Sodium <b>GF</b>	448 <b>Stuffed Bell Pepper</b> , 448 Calories, 10g Fat, 42g Carbs, 17g Protein <b>GF</b>	316 <b>Teriyaki Tofu Bowl</b> , 316 Calories, 7.2g Fat, 43.6 Carbs, 7.7g Protein	52 <b>Tofu Southwest Salad</b> 224 Calories, 16g Fat, 10g Carbs, 14.4g Protein	17 <b>Black Bean Burritos</b> , 425 Calories, 10g Fat, 48g Carbs, 19g Protein	<b>Baked Yam, Side of Veggies</b> 400 Calories, 0g fat, 91 carbs, 7.12g Protein <b>GF</b>