

	Monday (mac)	Tuesday (taco)	wednesday (waffle)	Thursday (soup)	Friday (fish)
Breakfast	Salmon Frittata Coffee w/ coconut oil	Scrambled egg whites w/ steamed spinach w/ hot tea	3 ingredient waffles (mom) Regular waffles (kids)	veggie frittata & side of berries, coffee w/ coconut oil	Basic Quiche w/ veggies and a side of berries
Before lunch	Huge glass of green tea	Huge glass of cucumber, mint infused water	Huge glass of shrinker tea	Huge glass of flat tummy water	Huge glass of fruit infused water
Lunch at home	veggie wrap w/ Ezekiel Tortilla and hummus E-	Sprouted Chicken Sandwich E-298	Luv my sweet potato & grilled chicken E-306	Tomato Soup Ezek. Croutons E-293	Huge veggie Salad w/ boiled egg whites
Kids Lunchboxes	Cheese & Crackers mandarin oranges Pepperoni, cherry tomato	Chicken/Pineapple skewer Rice molds Brownie	Bagel Sandwich Cucumbers Raspberries	Sushi w/ Egg cottage Cheese & pineapple Nori sheets	Boiled Eggs Pasta Salad Grapes or blueberries
Snack	Citrus Salad w/ plain organic yogurt	Fat Stripping Frappa FP-240	Crispy Garbanzos E-397	Greek Pudding FP-251	Fat Stripping Frappa FP-240
Dinner	Crabby Patties, Broccoli & Mac-N-Chz S-338	Tacos & Taco Salad S-347	Eggplant Lasagna S-349	Tuscan white Bean Soup	Taste of Thai S-332
Dessert	Cheesecake (mom)	Chia Tapioca Pudding	PB Fudge (pinterest)	Iced Coffee Cream (p)	Lemon Yogurt (P)

	Saturday (sushi)	Sunday (protein fast)
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wake up	Lemon water or Detox Tea	Lemon water or Detox Tea
Breakfast	oopsie bacon, tomato & egg sandwich	Fruit Smoothie
Before Lunch	Huge glass of green tea	Huge glass of cucumber, mint infused water
Lunch at home	No-Carb Londoner Noodles THM style	vegan Salad / pasta salad w/ veggies
Kids Lunchboxes	grilled cheese & small salad	pizzas
Snack	berries & zero yogurt	Yucky Popcorn
Dinner	lo carb sushi (mom) sushi w/ rice (kids)	Pinto Beans & Greens
Dessert or snack	Mock Moose Tracks Briana Thomas Recipe	Berries