

Monday, July 10<sup>th</sup>

Eggs Benedict \*GF

With egg whites, Canadian bacon, spinach, and hollandaise sauce

Nutrition facts

240cal, 27g fat, 8g carb, 2g fiber, 35g protein

PB&J Parfait

Greek yogurt, raspberry preserves, peanut butter & oats

Nutrition facts

344cal, 10g fat, 42g carb, 4g fiber, 24g protein

Italian Sausage Skillet \*P \*GF \*DF

With sweet potatoes, apples, celery & cranberries

Nutrition facts

380cal, 27g fat, 21g carb, 3g fiber, 13g protein

Baked Chicken Parmesan

With whole wheat pasta & mozzarella cheese

Nutrition Facts

460cal, 10g fat, 57g carb, 8g fiber, 35g protein

### Fire Roasted Salad \*GF

With chicken, black beans, corn, roasted red peppers, Monterey jack cheese, and fat free ranch salsa dressing

#### Nutrition facts

410cal, 14g fat, 37g carb, 11g fiber, 40g protein

### Vegetarian Fire Roasted Salad \*GF

With black beans, corn, roasted red peppers, Monterey jack cheese and fat free ranch salsa dressing

### Chicken & Queso Casserole \*GF

With chicken, green chilies, salsa, mild cheddar cheese, tomatoes, green peppers, brown rice

#### Nutrition facts

360cal, 13g fat, 19g carb, 4g fiber, 42g protein

### Skinny Grilled Chicken

With Lemon-Parsley Sauce, asparagus and brown rice \*GF

#### Nutrition facts

390cal, 8g fat, 48g carb, 6g fiber, 34g protein

Thursday, July 13<sup>th</sup>

Apple, Sausage & Spinach Strata \*GF

With turkey sausage & parmesan cheese

Nutrition facts

449cal, 21g fat, 26carb, 7g fiber, 36g protein

Blueberry & Strawberry Parfait

With granola

Nutrition facts

270cal, 4.5g fat, 40g carb, 5g fiber, 19g protein

BBQ Pulled Pork \*GF \*DF

With corn & broccoli

Nutrition facts

420cal, 6g fat, 54g carb, 7g fiber, 38g protein

BBQ Tofu

With corn & broccoli \*V \*GF \*DF

Coconut Chicken Salad \*GF \*DF \*P \*egg

With seasonal fruit & red onion

Nutrition facts

320cal, 10g fat, 28g carb, 5g fiber, 30g protein

Coconut Tofu Salad \*GF \*DF \*P \*V \*egg

With seasonal fruit & red onion

Nutrition facts

320cal, 10g fat, 28g carb, 5g fiber, 30g protein

Cabbage Meatballs \*GF \*DF

With sweet tomato sauce and brown rice

Nutrition facts

407cal, 16g fat, 43g carb, 4g fiber, 23g protein

Portabella Mushroom Burger

With apples, sweet potatoes, goat cheese \*V \*GF

Nutrition facts

270cal, 6g fat, 46g carb, 8g fiber, 9g protein

Pineapple Chicken Thighs \*GF \*DF

With brown rice, broccoli, chicken, pineapple, mustard, honey

Nutrition facts

410cal, 6g fat, 57g carb, 6g fiber, 29g protein

Pineapple Tofu \*GF \*DF \*V

With brown rice, broccoli, chicken, pineapple, mustard, honey

Nutrition facts

370cal, 6g fat, 59g carb, 8g fiber, 15g protein

Monday, July 17<sup>th</sup>

Omlet with Summer Vegetables \*GF

Nutrition facts

281cal, 5g fat, 43g carb, 10g fat, 17g protein

S'mores Parfait

With marshmallow, graham cracker, cocoa powder, Greek yogurt

Nutrition facts

340cal, 8g fat, 58g carb, 3g fiber, 12g protein

Gazpacho with Grilled chicken \*V \*P \*GF

Nutrition facts

280cal, 3.5g fat, 32g carb, 8g fiber, 28g protein

Gazpacho (\*V )

Greek Chicken Kabob Bowl \*GF \*DF

With tomato & cucumber salad

Nutrition facts

317cal, 13g fat, 25g carb, 6g fiber, 25g protein

Southwestern Salad w/ Chicken \*GF \*DF

With black beans, corn, red onion, tomato & salsa

Nutrition facts

450cal, 15g fat, 44g carb, 13g fiber, 42g protein

Southwestern Salad w/ Tofu \*GF \*DF \*V

With black beans, corn red onion, tomato & salsa

Nutrition facts

350cal, 15g fat, 37g carb, 8g fiber, 23g protein

Seared Feta & Vegetable GF Pasta Salad

With Chicken \*GF

Nutrition facts

470cal, 8g fat, 55g carb, 6g fiber, 43g protein

Seared Feta & Vegetable GF Pasta Salad \*GF \*V

Nutrition facts

360cal, 8g fat, 57g carb, 8g fiber, 16g protein

Mediterranean Chicken \*GF

With zucchini, red onion, tomatoes, black olives, and feta cheese

Nutrition facts

340cal, 9.6g fat, 15g carb, 3g fiber, 37.5g protein

Thursday, July 20<sup>th</sup>

Berry & Coconut Parfait \*GF

With Greek yogurt, strawberries & blueberries

Nutrition facts

340cal, 14g fat, 34g carb, 4g fiber, 22g protein

Caramelized Onion Frittata \*P \*GF \*DF

With bacon, onions & red potatoes

Nutrition facts

396cal, 17g fat, 34g carb, 4g fiber, 25g protein

BBQ Pulled Pork \*GF

With broccoli, corn, BBQ sauce

Nutrition facts

420cal, 6g fat, 54g carb, 7g fiber, 38g protein

BBQ Tofu \*GF \*DF \*V

With broccoli, corn BBQ sauce

Chicken Waldorf Salad \*GF \*DF

With almonds, red grapes, & celery over spring mix

380cal, 15g fat, 31g carb, 5g fiber, 30g protein

Bodybuilder's Meal \*GF \*DF

With sweet potatoes, broccoli \* BBQ sauce

Nutrition facts

320cal, 3.5g fat, 41g carb, 7g fiber, 30g protein

Caribbean Beef Curry \*GF \*P

With beef, sweet potatoes, onion, green peppers, coconut milk, beef broth

Nutrition facts

320cal, 11g fat, 29g carb, 4g fiber, 28g protein

Beef Stroganoff

With mushrooms, stroganoff sauce (contains dairy), peas, & egg noodles

390cal, 10g fat, 41g carb, 5g fiber, 35g protein

Monday, July 24<sup>th</sup>

Caprese Breakfast Bowl \*GF \*DF \*egg

with mozzarella, basil, tomatoes & red potatoes

Nutrition facts

PB&J Parfait \*GF \*V

With peanut butter, raspberry preserves, oats and Greek yogurt

Nutrition facts

340cal, 10g fat, 42g carb, 4g fiber, 24g protein

Overnight Salad \*GF

With chicken, peas, eggs, tomatoes, spring mix, blue cheese & balsamic

Nutrition facts

458cal, 17g fat, 19g carb, 4g fiber, 52g protein

Summer Corn & White Bean Soup \*GF \*DF

With ham, green onions, beans & green chilies

Nutrition facts

278cal, 5g fat, 34g carb, 10g fiber, 17g protein

Chicken Leg \*GF \*DF

With summer squash & tomato saute

Nutrition facts

380cal, 14g fat, 16g carb, 5g fiber, 47g protein

## Baked Chicken Parmesan

With whole wheat pasta & marinara

### Nutrition facts

460cal, 10g fat, 57g carb, 8g fiber, 35g protein

## Baked Portabella Parmesan \*V

with whole wheat pasta & marinara

### Nutrition facts

460cal, 10g fat, 57g carb, 8g fiber, 35g protein

## Summer Grilled Veggies with Pork Chop \*GF \*P

with portobello mushrooms, peppers, zucchini, eggplant, tomatoes, & onion

### Nutrition facts

260cal, 4.5g fat, 23g carb, 8g fiber, 35g protein

Thursday, July 27th

Ham, Cheese & Zucchini breakfast Casserole \*GF

With red potatoes

Nutrition facts

380cal 12g fat, 32g carbs, 5g fiber, 34g protein

Berry & Coconut Parfait \*GF

With Greek yogurt, strawberries & blueberries

Nutrition facts

340cal, 14g fat, 34g carb, 4g fiber, 22g protein

Turkey Club Salad \*GF \*DF

With diced tomatoes, bacon crumbles, turkey breast, scallions & fat free ranch dressing

Nutrition facts

330cal, 15g fat, 20g carb, 4g fiber, 30g protein

Coconut Crusted Tilapia \*DF \*GF

With brown rice & pineapple salsa

Nutrition facts

420cal, 9g fat, 63g carb, 5g fiber, 29g protein

Hawaiian BBQ pork Slider \*DF

With pork, pineapple, red onion, Hawaiian roll, BBQ sauce, & coleslaw

Nutrition facts

360cal, 8g fat, 45g carb, 2g fiber, 29g protein

Herbed Turkey burger \*GF

With red potatoes, green beans, feta cheese, roasted red peppers & basil pesto

Nutrition facts

360cal, 13g fat, 26 carb, 6g fiber, 36g protein

Dijon Crusted Pork Tenderloin \*GF \*DF

With sweet potatoes, asparagus, parmesan cheese, dijon mustard

Nutrition facts

Monday, July 31st

BLT Breakfast Bowl \*P

With sweet potatoes, bacon, & spinach

Nutrition facts

320cal, 13g fat, 34g carb, 19g protein

Chocolate Peanut Butter Parfait \*GF \*V

With Greek yogurt, banana, strawberry, pb2powder, & cocoa powder

Nutrition facts

310cal, 2.5g fat, 48g carb, 6g fiber, 28g protein

Pork Medallions with Magic Green Sauce\*GF \*DF \*P

With summer squash & roasted tomatoes

360cal, 22g fat, 13g carb, 5g fiber, 32g protein

Kale & Carrot Salad w/ Chicken \*GF \*DF

With kale, spring mix, carrots, cucumber, avocado & lemon-tahini dressing

Nutrition facts

453cal, 20g fat, 26g carb, 9g fiber, 43g protein

Kale & Carrot Salad w/ Portabella \*GF \*DF

With kale, spring mix, carrots, cucumber, avocado & lemon-tahini dressing

Nutrition facts

346cal, 20g fat, 28g carbs, 11g fiber, 15g protein

Peach Chicken \*GF \*DF

With cauliflower & green beans

Nutrition facts

310cal, 4g fat, 42g carb, 8g fiber, 30g protein

Italian Sausage Skillet \*GF \*DF

With sweet potatoes, apples, celery & cranberries

Nutrition facts

380cal, 27g fat, 21g carb, 3g fiber, 13g protein

Corn Flake Crusted Chicken & Waffles

With Sugar Free Syrup \*DF

Nutrition facts

350cal, 7g fat, 37g carb, 1g fiber, 33g protein