

| Day   | Calories | Total Fat (g) | Total Carbs (g) | Dietary Fiber (g) | Protein (g) |
|-------|----------|---------------|-----------------|-------------------|-------------|
| Day 1 | 1,412    | 35.8          | 195             | 51                | 92          |
| Day 2 | 1,603    | 101.0         | 101             | 25                | 91          |
| Day 3 | 1,591    | 104.0         | 104             | 27                | 72          |
| Day 4 | 1,525    | 78.8          | 141             | 51                | 85          |
| Day 5 | 1,358    | 63.5          | 93              | 28                | 116         |
| Day 6 | 1,278    | 36.0          | 173             | 36                | 78          |

| # | Breakfast                  | Description  | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) | % of Daily Values |           |         |      |
|---|----------------------------|--|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|-----------|-------------|-------------------|-----------|---------|------|
|   |                            |  |          |                   |               |                   |               |                  |             |                 |                   |           |             | Vitamin A         | Vitamin C | Calcium | Iron |
| 1 | Berry Bliss                | High in antioxidants.                              | 338      | 19                | 2.1           | 0.3               | 0.0           | 0                | 32          | 71              | 12                | 33        | 16          | 73%               | 67%       | 10%     | 21%  |
| 2 | Savory Shroom Breakfast    | High in calcium for bone health.                   | 507      | 363               | 40.3          | 11.1              | 0.1           | 403              | 1,561       | 15              | 5                 | 3         | 25          | 239%              | 229%      | 45%     | 21%  |
| 3 | Berry Nutty Oatmeal        | High in fiber and antioxidants.                    | 376      | 185               | 20.6          | 12.2              | 0.0           | 0                | 2           | 38              | 7                 | 2         | 11          | 0%                | 12%       | 4%      | 17%  |
| 4 | Green Dream Smoothie       | Contains lutein & zeaxanthin for eye and brain hea | 378      | 109               | 12.1          | 1.6               | 0.0           | 0                | 280         | 48              | 16                | 20        | 22          | 79%               | 46%       | 14%     | 28%  |
| 5 | Veggie Frittata            | High in vitamin E to prevent cell damage.          | 458      | 300               | 33.3          | 7.4               | 0.1           | 562              | 902         | 16              | 5                 | 4         | 26          | 88%               | 216%      | 20%     | 26%  |
| 6 | Grounded Sweet Potato Hash | Great source of iron for O2 transport.             | 570      | 240               | 26.7          | 7.7               | 1.4           | 77               | 889         | 56              | 12                | 20        | 29          | 270%              | 343%      | 22%     | 23%  |

| # | Lunch                      | Description  | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) | % of Daily Values |           |         |      |
|---|----------------------------|--|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|-----------|-------------|-------------------|-----------|---------|------|
|   |                            |  |          |                   |               |                   |               |                  |             |                 |                   |           |             | Vitamin A         | Vitamin C | Calcium | Iron |
| 1 | Krush Noodle Salad         | Sulfur rich vegetables to lower inflammation.      | 366      | 98                | 10.9          | 1.5               | 0.0           | 0                | 730         | 52              | 10                | 6         | 23          | 36%               | 202%      | 9%      | 13%  |
| 2 | Lemon Herb Grilled Shrimp  | Iodine for thyroid balance.                        | 608      | 311               | 34.5          | 3.1               | 0.0           | 139              | 1,475       | 53              | 10                | 7         | 29          | 9%                | 321%      | 13%     | 18%  |
| 3 | Quinoa Chop Salad          | High in lycopene and carotene for heart health.    | 564      | 347               | 38.5          | 6.9               | 0.0           | 25               | 611         | 41              | 10                | 7         | 17          | 23%               | 58%       | 21%     | 16%  |
| 4 | Superhero Salmon Bowl      | High B12 for energy.                               | 738      | 391               | 43.4          | 6.7               | 0.3           | 78               | 3,372       | 52              | 13                | 14        | 41          | 51%               | 366%      | 20%     | 20%  |
| 5 | Fred Flintstone Bone Broth | High in Collagen Protein for skin and bone health. | 392      | 94                | 10.4          | 2.8               | 0.0           | 157              | 1,764       | 25              | 8                 | 2         | 52          | 13%               | 3%        | 13%     | 98%  |
| 6 | Veggie Burger & Kale Salad | A, C, K for immune support.                        | 397      | 45                | 5.0           | 0.5               | 0.2           | 0                | 1,612       | 81              | 14                | 21        | 15          | 192%              | 289%      | 23%     | 25%  |

| # | Dinner                           | Description                                      | Calories | Calories from Fat | Total Fat (g) | Saturated Fat (g) | Trans Fat (g) | Cholesterol (mg) | Sodium (mg) | Total Carbs (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) | % of Daily Values |           |         |      |
|---|----------------------------------|--|----------|-------------------|---------------|-------------------|---------------|------------------|-------------|-----------------|-------------------|-----------|-------------|-------------------|-----------|---------|------|
|   |                                  |  |          |                   |               |                   |               |                  |             |                 |                   |           |             | Vitamin A         | Vitamin C | Calcium | Iron |
| 1 | Salmon Lentil Stew               | Rich in Omega 3s for brain and heart health.     | 708      | 205               | 22.8          | 4.8               | 4.8           | 0                | 689         | 72              | 29                | 8         | 53          | 36%               | 127%      | 12%     | 25%  |
| 2 | Chicken Avocado Burger           | High in potassium for nerve signaling.           | 488      | 236               | 26.2          | 5.4               | 0.0           | 139              | 1,193       | 33              | 10                | 6         | 37          | 296%              | 233%      | 17%     | 32%  |
| 3 | Hawaiian Chicken Stir Fry        | DNA tissue repair.                               | 651      | 404               | 44.9          | 9.4               | 0.0           | 98               | 2,566       | 25              | 10                | 6         | 44          | 117%              | 32%       | 8%      | 20%  |
| 4 | Pesto Zoodles & Mini Meatballs   | Balances blood sugar from low carb & high fiber. | 409      | 210               | 23.3          | 6.0               | 0.6           | 61               | 954         | 41              | 22                | 2         | 22          | 71%               | 55%       | 114%    | 381% |
| 5 | Tamari Steak & Warm Potato Salad | High in zinc for immune function.                | 508      | 178               | 19.8          | 3.9               | 5.0           | 79               | 2,160       | 52              | 15                | 12        | 38          | 47%               | 61%       | 55%     | 185% |
| 6 | Grilled Chicken & Fennel Bowl    | High in protein for essential building blocks.   | 311      | 39                | 4.3           | 0.9               | 0.0           | 98               | 2,189       | 36              | 10                | 20        | 34          | 47%               | 59%       | 15%     | 13%  |