

Day	Type	Meal	Food items	Page
<b>Sat. July 30</b>	E	Breakfast	2 <a href="#">Blueberry Muffins</a> w/ 1/2 cup Greek Yogurt and Strawberries	
	FP	Lunch	<a href="#">Easy Chicken Soup</a>	
	FP	Snack	1/2 cup Greek Yogurt and 1/2 cup Strawberries	
	S	Dinner	<a href="#">Cheesy Chicken Florentine</a> over Zoodles	
	S	Dessert	Trimtastic Chocolate Zucchini Cake	296
<b>Sun. July 31</b>	E	Breakfast	<a href="#">My fave Overnight Oatmeal</a> w/ 1 cup berries	
	S	Lunch	Hamburger patty topped with cheese, mushrooms and bacon, and garden salad with ranch	
	S	Snack	1 cheese string and small handful of Almonds and cucumber slices	
	S	Dinner	<a href="#">Smokey Mountain Chicken</a> w/ buttered Broccoli	
	S	Dessert	2 Treeces	378
<b>Mon. Aug 1</b>	E	Breakfast	2 <a href="#">Blueberry Muffins</a> w/ 1/2 cup Greek Yogurt and Strawberries	
	FP	Lunch	<a href="#">Easy Chicken Soup</a>	
	FP	Snack	1/2 cup Greek Yogurt and 1/2 cup Strawberries	
	S	Dinner	<a href="#">Cheesy Chicken Florentine</a> over Zoodles	
	S	Dessert	Trimtastic Chocolate Zucchini Cake	296
<b>Tues. Aug 2</b>	S	Breakfast	2 Fried Eggs cooked in coconut oil, pan fried zucchini and 1/2 avocado	
	S	Lunch	Hamburger patty topped with cheese, mushrooms and bacon, and garden salad with ranch	
	E	Snack	3 cups air popped pop corn sprinkled with nutritional yeast and sea salt	
	S	Dinner	<a href="#">Smokey Mountain Chicken</a> w/ buttered Broccoli	
	S	Dessert	2 Treeces	378
<b>Wed. Aug 3</b>	E	Breakfast	2 <a href="#">Blueberry Muffins</a> w/ 1/2 cup Greek Yogurt and Strawberries	
	S	Lunch	BLT Wraps (bacon, lettuce and mayo wrapped in lettuce) w/ Just like Campbell's soup	112
	S	Snack	Thin Mint chocolate chip shake	410
	S	Dinner	Ridiculous Meatballs over Zoodles	40
	S	Dessert	Trimtastic Chocolate Zucchini Cake	296
<b>Thurs. Aug 4</b>	S	Breakfast	2 Fried Eggs cooked in coconut oil, pan fried zucchini and 1/2 avocado	
	FP	Lunch	Loaded Fotato Soup	117
	E	Snack	3 cups air popped pop corn sprinkled with nutritional yeast and sea salt	
	S	Dinner	Egg Roll in a bowl (I'm making 1/2 the recipe)	62
	S	Dessert	2 Treeces	378
<b>Fri. Aug 5</b>	E	Breakfast	<a href="#">My fave Overnight Oatmeal</a> w/ 1 cup berries	
	S	Lunch	BLT Wraps (bacon, lettuce and mayo wrapped in lettuce) w/ Just like Campbell's soup	112
	S	Snack	Thin Mint chocolate chip shake	410
	S	Dinner	Ridiculous Meatballs over Zoodles	40
	FP	Dessert	Salted Caramel Glucie Pudding	351