

## BREAKFAST

	Calories	Carbs	Fat	Protein	Cholesterol (mg)	Sodium	Sugars	Fiber
<b>Quiche Cups</b>								
2 Eggs	60	2	0	12	0	230	0	0
Sausage, 2 oz	88	3	3	8	321	415	0	0
1 C Basil & Tomato	31	9	0	3	30	2	0	6
1/2 Tsp Olive Oil	40	0	4	0	1	0	0	1
1/2 TBSP Feta	27	3	2	1	35	89	1	4
English Muffin	85	15	1	4	0	105	1	2
<b>Total</b>	<b>331</b>	<b>32</b>	<b>10</b>	<b>28</b>	<b>387</b>	<b>841</b>	<b>2</b>	<b>13</b>

## LUNCH

	Calories	Carbs	Fat	Protein	Cholesterol (mg)	Sodium (mg)	Sugars	Fiber
<b>Chicken Caesar Wrap</b>								
1/2 TSP Olive Oil	40	0	4	0	1	0	0	0
Wrap	92	19	1	3	0	0	1	12
1 TSP Fat Free Parmesan Cheese	20	0	0	2	0	0	0	0
1 TBSP Low Fat Ceasar Dressing	11	3	1	0	0	71	1	0
2 TBSP Planko	16	9	0	0	0	4	0	0
1 C Romaine	10	1	0	0	0	5	1	1
Chicken Breast Grilled, 4 oz	160	0	3	25	87	100	0	0
<b>Total</b>	<b>341</b>	<b>32</b>	<b>9</b>	<b>29</b>	<b>88</b>	<b>180</b>	<b>3</b>	<b>13</b>

	Calories	Carbs	Fat	Protein	Cholesterol (mg)	Sodium (mg)	Sugars	Fiber
<b>Stir Fry</b>								
1 TBSP Sauce	12	7	1	1	0	40	5	0
1/2 C Rice	110	23	0	2	0	0	0	0
1 C Fresh Vegetable	19	4	0	1	2	10	0	3
1/2 Olive Oil	40	0	4	0	0	0	0	0
Chicken Breast Grilled, 4 oz	160	0	1	25	87	100	0	0
<b>Total</b>	<b>339</b>	<b>34</b>	<b>7</b>	<b>29</b>	<b>89</b>	<b>150</b>	<b>5</b>	<b>3</b>

## DINNER

	Calories	Carbs	Fat	Protein	Cholesterol (mg)	Sodium (mg)	Sugars	Fiber
<b>BBQ Chicken Quinoa Bowl</b>								
Olive Oil	40	0	4	0	0	0	0	0
Chicken Breast Grilled, 4 oz	160	0	1	25	91	100	0	0
1/3 C Sweet Pot	74	11	1	1	0	0	0	0
1/2 C Red Peppers	15	3	0	1	0	3	3	3
1 TBSP BBQ Sauce	10	1	2	0	0	190	2	0
1 tsp Maple Syrup	10	5	0	1	0	5	2	1
1/4 C Quinoa	56	12	0	2	0	6	0	5
<b>Total</b>	<b>325</b>	<b>32</b>	<b>7</b>	<b>30</b>	<b>91</b>	<b>304</b>	<b>7</b>	<b>9</b>

	Calories	Carbs	Fat	Protein	Cholesterol (mg)	Sodium (mg)	Sugars	Fiber
<b>Taco Pasta Salad</b>								
1/2 C Whole Wheat Pasta Cooked	104	22	1	3	0	1	0	1
1/2 C Peppers & Onions	78	9	2	2	0	28	0	2
1 TBSP Fat free cheddar	10	1	0	2	3	60	2	0
2 TBSP Salsa Verde	10	2	0	0	0	20	0	1
Lean Turkey, 4 ounce	172	0	8	23	81	81	0	0
<b>Total</b>	<b>367</b>	<b>34</b>	<b>11</b>	<b>30</b>	<b>84</b>	<b>190</b>	<b>2</b>	<b>4</b>