

COOKING DAYS	Sunday: Bake brussels & bacon. Bake fish & veggies. Cook peanut chicken. Wednesday: Make coconut lemon greens. Make chicken salads. Prep ingredients for tacos.
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	BREAKFAST	LUNCH	DINNER
SUNDAY	Brussels, Bacon and Eggs (A)	Blackened Fish and Baked Veggies (B)	Peanut Chicken on Bok Choy and Bell Peppers (C)
MONDAY	Brussels, Bacon and Eggs (A)	Blackened Fish and Baked Veggies (B)	Peanut Chicken on Bok Choy and Bell Peppers (C)
TUESDAY	Brussels, Bacon and Eggs (A)	Blackened Fish and Baked Veggies (B)	Peanut Chicken on Bok Choy and Bell Peppers (C)
WEDNESDAY	Brussels, Bacon and Eggs (A)	Blackened Fish and Baked Veggies (B)	Peanut Chicken on Bok Choy and Bell Peppers (C)
THURSDAY	Breakfast Sausage with Coconut Lemon Greens (D)	Entrée Salad with Blackened Chicken (E)	Turkey Tacos (F)
FRIDAY	Breakfast Sausage with Coconut Lemon Greens (D)	Entrée Salad with Blackened Chicken (E)	Turkey Tacos (F)
SATURDAY	Breakfast Sausage with Coconut Lemon Greens (D)	Entrée Salad with Blackened Chicken (E)	Turkey Tacos (F)