



**SWEET  
GREENS**

a taste of healthy living

## Sample Mainstream Meal Plan

1600 Calories Per Day

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Egg, Cheese and Ham Wrap (553 Calories)	Jalapeno Egg w/ Roasted Broccoli & Sweet Potato (562 Calories)	Healthier Simply Potatoes Cheesy Hash Browns (555 Calories)	Veggie Stuffed Omelet w/ Orange Wedges (551 Calories)	Healthy Breakfast Quesadilla (561 Calories)
Snacks	Dark Chocolate Chip Granola Bites (178 Calories)	Gingerbread bliss balls (175 Calories)	Healthy Bounty Bar (176 Calories)	Peanut Butter & Banana Smoothies (162 Calories)	Vegan Brownies (127 Calories)
Lunch	Mozzarella-Stuffed Meatballs in Tomato Broth with Kale w/ Rice (438 Calories)	Greek Prawn and White Bean Saganaki & Quinoa Rice (424 Calories)	Cheesy Beef (Beef Strips) Fajitas with Peppers and Sour Cream in Spinach Wraps (431 Calories)	Cheesy Chicken Lasagna with Tomato and Basil Side Salad (443 Calories)	Roast Chicken Thighs with Vegetables and Thyme Gravy w/ Brown Rice (450 Calories)
Snacks	Keto Cheesecakes (128 Calories)	Keto Twix Bars (175 Calories)	Sweet Mango Smoothies (148 Calories)	Salted Caramel Chia dates Bite (162 Calories)	ALMOND DATE TRUFFLES (142 Calories)
Dinner	Sesame Salmon with tahini dressing and sauted edamame and spinach in sides (428 Calories)	Low Carb Chicken Schnitzels with Red Cabbage and Apple Slaw (449 Calories)	One Pan Cajun Salmon and Mexican Rice with Sour Cream (471 Calories)	Baked White Fish and Cauliflower Puree with Green Beans and Garlic Butter (459 Calories)	Classic Cheese Burger with Potato Wedges (460 Calories)