

Breakfast	Banana Pancakes w/ Mixed Berries on top (220 Calories)	Healthy Shakshuka (265 Calories)	Blueberry Vegan Pancakes (257 Calories)	Berry Chia Overnight Oat (249 Calories)	Dairy Free Breakfast Casserole (Spinach, tomato, mushroom) (201 Calories)
Lunch	Cinnamon & Pecan Crusted Salmon w/ Steamed Asparagus, Broccoli, Spinach (348 Calories)	CHICKEN MARSALA (GLUTEN-FREE & DAIRY-FREE) w/ Roasted Potato, Asparagus (292 Calories)	CHICKEN FAJITAS w/ Herb Quinoa Rice (343 Calories)	Dairy-Free Creamy Chicken Tomato Skillet w/ Brown rice & mixed Veggies (286 Calories)	Korean Gochujang Glazed Grilled Salmon & Potatoes w/ Asparagus, Spinach (300 Calories)
Dinner	Beet Pesto Chicken Salad w/ cherry tomatoes (300 Calories)	Ginger Lime Baked White fish w/ veggies (255 Calories)	SALMON AND SALAD BOWLS (242 Calories)	Shrimp Cobb Salad (298 Calories)	Healthy Orange Chicken w/ sauted Carrots, Broccoli & Herb Quinoa Rice (334 Calories)