

	BREAKFAST	LUNCH	DINNER
F R I D A Y	BREAKFAST FRIED CAULI-RICE https://www.paleorunningmomma.com/breakfast-cauliflower-rice-paleo-whole30/	Shrimp Salad with Dill https://pin.it/3MasA4B	Cauliflower Soup https://www.littlebroken.com/cauliflower-sausage-soup/
S A T U R D A Y	OVERNIGHT OATS https://www.thehealthytoast.com/protein-cinnamon-roll-overnight-oats	Kale Ceasar with roasted chickpeas https://www.simplehealthykitchen.com/kale-caesar-salad-parmesan-roasted-chickpeas/	Hamburger Bowl https://www.wholesomeyum.com/burger-in-a-bowl/
S U N D A Y	TRUVANI VANILLA PROTIEIN POWDER WITH ALMOND MILK https://shop.truvani.com/pages/vanillaplantprotein	Leftover Cauliflower Soup	Greek Chicken Bowl https://allthehealthythings.com/greek-meatballs-with-tzatziki-sauce/
M O N D A Y	BREAKFAST FRIED CAULI-RICE https://www.paleorunningmomma.com/breakfast-cauliflower-rice-paleo-whole30/	Leftover Hamburger Bowl	Roasted Veggie Buddha Bowl https://www.simplyquinoa.com/glowing-winter-quinoa-buddha-bowls/?epik=dj0yJnU9Sk5nY1ZUUGITd2xTT2JFNk03SGdfekJVLWJJZkJKU00mcD0wJm49cWNlVXVnRFk3OHZsWE4yaTdUYWJ2dy7nDUEBUEE005cDlV
T U E S D A Y	OVERNIGHT OATS https://www.thehealthytoast.com/protein-cinnamon-roll-overnight-oats	Leftover Greek Chicken Bowl	Cauliflower Enchilada Casserole https://kirbiecravings.com/chicken-enchilada-cauliflower-rice-casserole/
W E D N E S D A Y	TRUVANI VANILLA PROTIEIN POWDER WITH ALMOND MILK https://shop.truvani.com/pages/vanillaplantprotein	Left Over Veggie Buddha Bowl	Venison Cube Steak with Caulimash & Green Beans https://thecozycook.com/cube-steak-recipe/
T H U R S D A Y	Broccoli Cheddar Egg Bites https://hannahmageerd.com/broccoli-cheddar-baked-egg-bites/	Left over Enchilada Casserole	Ground Venison & Cabbage StirFry https://unboundwellness.com/ground-beef-stir-fry/

- meatballs
- caulirice
- shrimp
- red onion
- chickpeas
- venison
- shredded cheese
- I sweet potato
- V enchilada sauce
- E oats
- N Eggs
- O mustard
- R mayo
- Y black beans
- cabbage, coconut aminos,
- protien powder
- avocado oil
-
-
-

- lettuce
- kale
- dill
- G half and half
- R
- O beets, kale, quinoa, hummus
- C ketchup
- E
- R kale, yogurt, parmesan, lemon juice
- Y yogurt
- S chicken
- H
- O chicken sausage
- P almond milk
- P Spinach
- I
- N green beans
- G cauliflower
- L tomato
- I
- S parsley
- T cucumber
- skyr yogurt
- red pepper
- blueberries