

Zero Sugar Meal Plan

BREAKFAST

**All-in-one Oven Roast Granola,
Yogurt And Mango Bowls x2**

Mixed Berry Smoothie x2

Crustless Quiche Lorraine x2

Crustless Quiche Florentine x2

**Pineapple Tomato Cucumber Salsa
x2**

French Omlette

- Gruyere Cheese, Blistard
Tomatoes, Sweet Potato Hash

LUNCH/ DINNER

Grilled Shrimp

- Cauliflower Stir-fry

Pan-seared Snapper

- Tomato Basil Wine Sauce, White Bean,
Zucchini Zoodles

Steak Tenderloin

- Roasted Garlic Baby Bella Mushroom

Sheet pan Chicken Thigh

- Carrot and Broccoli

Chicken Enchiladas

- Zucchini Roll Ups

Stuffed Chicken Breast

- Creamy Spinach, Green Beans and
Peppers

Chuck Ground Meat Taco

- Tomato Salsa, Avocado Salsa, Black
Bean Salsa,
Gluten Free Tortillas, Cheddar Cheese

Roasted Sweet Potato Coconut Soup

Lentil, Carrot and Cumin Soup

Farmers Market Salad

- Grilled Tofu Croutons

Herby Salmon

- Roasted Broccoli, Cashew Nuts