



# MONDAY

		CAL	CARBS
<b>BREAKFAST</b>	Colombian style Arepitas	210	18g
<b>LUNCH</b>	Pechuga al limonw/ Bastamic Rice	320	39g
<b>DINNER</b>	Chipotle Style Bowl	600	48g

# TUESDAY

		CAL	CARBS
<b>BREAKFAST</b>	Strawberry Cheesecake Stuffed French Toast	450	28g
<b>LUNCH</b>	Rollos de Pollo	320	22g
<b>DINNER</b>	Carne Guisada con Arroz	500	50g

# WEDNESDAY

		CAL	CARBS
<b>BREAKFAST</b>	Turkey Bacon Egg and Cheese Sandwich	220	19g
<b>LUNCH</b>	Cheeseburger Quesadilla	380	23g
<b>DINNER</b>	Salmon Burger	330	22g

# THURSDAY

		CAL	CARBS
<b>BREAKFAST</b>	Mozzarella and Tomatoes Omelet	280	13g
<b>LUNCH</b>	Chicken Lasagna	490	20g
<b>DINNER</b>	Crema de Auyama	308	8g

# FRIDAY

		CAL	CARBS
<b>BREAKFAST</b>	Egg Basket	375	22g
<b>LUNCH</b>	Mongolian Beef Platter w/Rice	470	30g
<b>DINNER</b>	Honey Walnut Shrimp w/ Sweet Potatoes Fries	370	40g



# MONDAY

		CAL	CARBS
<b>BREAKFAST</b>	Turkey Bacon Ranch Wrap	280	17g
<b>LUNCH</b>	Rib Eye w/ Mash Potatoes	380	38g
<b>DINNER</b>	Chicken Fruit Salad	299	2g

# TUESDAY

		CAL	CARBS
<b>BREAKFAST</b>	Egg & Cheese & Canadian Bacon Sandwich	308	17g
<b>LUNCH</b>	Chicken Parmesan	300	20g
<b>DINNER</b>	Coconut Cod Fish	408	3g

# WEDNESDAY

		CAL	CARBS
<b>BREAKFAST</b>	Cornflakes & Milk	320	26g
<b>LUNCH</b>	Pollo Guisado w/ Bastami Rice	280	39g
<b>DINNER</b>	Big Mac Salad	250	3g

# THURSDAY

		CAL	CARBS
<b>BREAKFAST</b>	Sausages & Zucchini Bowl	305	3g
<b>LUNCH</b>	Broccoli Chicken Skillet	210	6g
<b>DINNER</b>	Ham & Cheese Mash Casserole	300	45g

# FRIDAY

		CAL	CARBS
<b>BREAKFAST</b>	Ketosyntesis Breakfast Platter	380	3g
<b>LUNCH</b>	Chicken Baked Ziti	290	48g
<b>DINNER</b>	Baked Ribs w/ Corn	395	29g



-MENU-

**MENU** HEALTHY

## MONDAY

		CAL	CARBS
<b>BREAKFAST</b>	Breakfast Pizza	280	2g
<b>LUNCH</b>	Shrimp Cocktails w/mash	400	25g
<b>DINNER</b>	Burriata Salad	390	6g

## TUESDAY

		CAL	CARBS
<b>BREAKFAST</b>	Hash browns bacon & Eggs	308	21g
<b>LUNCH</b>	Fish Tacos	300	8g
<b>DINNER</b>	Stuffed Chicken w/ Baked Potatoes	250	26g

## WEDNESDAY

		CAL	CARBS
<b>BREAKFAST</b>	Giant Cheese Sticks	200	9g
<b>LUNCH</b>	Taco pizza	495	28g
<b>DINNER</b>	Chicken Stir Fry w/ Rice	350	24g

## THURSDAY

		CAL	CARBS
<b>BREAKFAST</b>	Bagel w/Cream Cheese	180	15g
<b>LUNCH</b>	Enchiladas	300	15g
<b>DINNER</b>	Arugula Salmon Salad	310	1g

## FRIDAY

		CAL	CARBS
<b>BREAKFAST</b>	3 golpe	330	40g
<b>LUNCH</b>	Steak & Veggies	520	9g
<b>DINNER</b>	Burger Salad	395	3g



-MENU-

**MENU** HEALTHY

## MONDAY

		CAL	CARBS
<b>BREAKFAST</b>	Ketosyntesis style McGriddle	300	8g
<b>LUNCH</b>	Chicken Sandwich	270	13g
<b>DINNER</b>	Chicken w/	300	27g

## TUESDAY

		CAL	CARBS
<b>BREAKFAST</b>	Power Smoothie	180	14g
<b>LUNCH</b>	Bandeja Paisa	267	22g
<b>DINNER</b>	Chicken Yaroa	300	12g

## WEDNESDAY

		CAL	CARBS
<b>BREAKFAST</b>	Blueberry Muffin	195	7g
<b>LUNCH</b>	Pork Burrito	400	13g
<b>DINNER</b>	Shrimp Jambalaya	310	32g

## THURSDAY

		CAL	CARBS
<b>BREAKFAST</b>	Parfait	180	2g
<b>LUNCH</b>	Chow Fan	300	20g
<b>DINNER</b>	Zucchini loaded Fries	310	3g

## FRIDAY

		CAL	CARBS
<b>BREAKFAST</b>	Breakfast Quesadilla	220	15g
<b>LUNCH</b>	Bacon Egg Avocado Burger	600	27g
<b>DINNER</b>	Ensalada de Lomo de Cerdo	400	32g