

Shaheen Khan Commit plan

NAME:

PHONE:

EMAIL:

FUNDS CARD:

NOTE: In an effort to provide you with the freshest meals available, some substitutions may occur.

<p>1</p> <p>Breakfast: Chili & Eggs (LG) Fresh Fruit</p> <p>AM_Snack: Strawberry Chocolate Pistachio Parfait</p> <p>Lunch: Vegetable Lasagna Garlic Roasted Cauliflower</p> <p>PM_Snack: Jalapeño Hummus</p> <p>Dinner: Maya Kaimal Chickpea Chips Naked Beef (LG) Mashed Sweet Potatoes</p>	<p>8</p> <p>Breakfast: Banana Pancakes (MED) Hard Boiled Eggs</p> <p>AM_Snack: Seed Bar</p> <p>Lunch: Chicken Chile Enchiladas</p> <p>PM_Snack: Cranberry Applesauce Curried Chicken Salad</p> <p>Dinner: Slow Roasted Brisket Tacos Garlic Roasted Cauliflower</p>	<p>15</p> <p>Breakfast: Banana Pancakes (MED) Vanilla Maple Syrup</p> <p>AM_Snack: Pineapple Vanilla Cashew Parfait</p> <p>Lunch: Brisket Hash (MED)</p> <p>PM_Snack: Roasted Cashews</p> <p>Dinner: Pulled Pork Biscuit & Gravy Garlic Roasted Cauliflower</p>
<p>2</p> <p>Breakfast: Southwest Breakfast Wrap Roasted Cashews</p> <p>AM_Snack: Caveman Quickies™ Omega-3</p> <p>Lunch: Grass-Fed Lamb Lasagna (LG)</p> <p>PM_Snack: Asian Chicken Noodle Salad</p> <p>Dinner: Turkey Meatloaf (LG) Garlic Roasted Cauliflower</p>	<p>9</p> <p>Breakfast: Beef Sausage & Eggs (SM) Chia Date Pudding</p> <p>AM_Snack: Necessity Blend</p> <p>Lunch: Spicy Dan Dan Noodles</p> <p>PM_Snack: Curried Chicken Salad Maya Kaimal Chickpea Chips</p> <p>Dinner: Spaghetti Turkey Bolognese (LG) Roasted Broccolini</p>	<p>16</p> <p>Breakfast: Chili & Eggs (LG)</p> <p>AM_Snack: Strawberry Chocolate Pistachio Parfait</p> <p>Lunch: Chopped Sesame With Citrus Vinaigrette Grilled Tofu</p> <p>PM_Snack: Jalapeño Hummus Maya Kaimal Chickpea Chips</p> <p>Dinner: Naked Chicken (LG) Mashed Sweet Potatoes</p>
<p>3</p> <p>Breakfast: Banana Pancakes (MED) Vanilla Maple Syrup</p> <p>AM_Snack: Pineapple Vanilla Cashew Parfait</p> <p>Lunch: Brisket Hash (MED) Cranberry Applesauce</p> <p>PM_Snack: Roasted Cashews</p> <p>Dinner: Hot Chicken with Mac & Cheese L Garlic Roasted Cauliflower</p>	<p>10</p> <p>Breakfast: Chili & Eggs (LG)</p> <p>AM_Snack: Strawberry Chocolate Pistachio Parfait</p> <p>Lunch: Great Greek With Herb Vinaigrette Poached Shrimp</p> <p>PM_Snack: Jalapeño Hummus Maya Kaimal Chickpea Chips</p> <p>Dinner: Naked Chicken (LG) Mashed Sweet Potatoes</p>	<p>17</p> <p>Breakfast: Southwest Breakfast Wrap Strawberry Coconut Parfait</p> <p>AM_Snack: Caveman Quickies™ Omega-3</p> <p>Lunch: Grass-Fed Lamb Lasagna (LG)</p> <p>PM_Snack: Asian Chicken Noodle Salad</p> <p>Dinner: Turkey Meatloaf (LG) Roasted Broccolini</p>
<p>4</p> <p>Breakfast: Beef Sausage & Eggs (MED) Blueberry Chia Parfait</p> <p>AM_Snack: Chai Cashew Shake</p> <p>Lunch: Chicken Teriyaki With Rice (MED) Fresh Fruit</p> <p>PM_Snack: Roasted Almonds</p> <p>Dinner: Pulled Pork Enchiladas Kale Caesar Side Salad</p>	<p>11</p> <p>Breakfast: Maple Banana Oatmeal (MED) Hard Boiled Eggs</p> <p>AM_Snack: Roasted Almonds</p> <p>Lunch: Bison Quinoa Hash™ (LG)</p> <p>PM_Snack: Go Bar™</p> <p>Dinner: Turkey Picadillo Stuffed Peppers Mashed Sweet Potatoes</p>	<p>18</p> <p>Breakfast: Maple Banana Oatmeal (MED) Hard Boiled Eggs</p> <p>AM_Snack: Roasted Cashews</p> <p>Lunch: Bison Quinoa Hash™ (LG)</p> <p>PM_Snack: Go Bar™</p> <p>Dinner: Turkey Picadillo Stuffed Peppers Mashed Sweet Potatoes</p>
<p>5</p> <p>Breakfast: Banana Pancakes (MED) Vanilla Maple Syrup</p> <p>AM_Snack: Necessity Blend</p> <p>Lunch: Chicken Chile Enchiladas</p> <p>PM_Snack: Cranberry Applesauce Curried Chicken Salad</p> <p>Dinner: Slow Roasted Brisket Tacos Garlic Roasted Cauliflower</p>	<p>12</p> <p>Breakfast: Banana Pancakes (MED) Vanilla Maple Syrup</p> <p>AM_Snack: Pineapple Vanilla Cashew Parfait</p> <p>Lunch: Brisket Hash (MED)</p> <p>PM_Snack: Roasted Cashews</p> <p>Dinner: Hot Chicken with Mac & Cheese L Garlic Roasted Cauliflower</p>	<p>19</p> <p>Breakfast: Southwest Breakfast Wrap</p> <p>AM_Snack: Turmeric Tonic Devily Eggs™</p> <p>Lunch: Crunchy Coconut Shrimp (MED) Kale Caesar Side Salad</p> <p>PM_Snack: Roasted Almonds</p> <p>Dinner: Turkey Chili (LG) Maya Kaimal Chickpea Chips</p>
<p>6</p> <p>Breakfast: Maple Banana Oatmeal (MED) Hard Boiled Eggs</p> <p>AM_Snack: Roasted Almonds</p> <p>Lunch: Bison Quinoa Hash™ (LG) Energy Boost</p> <p>Free Day: Snap Kitchen has provided approx. half of your calories for the day.</p>	<p>13</p> <p>Breakfast: Beef Sausage & Eggs (MED)</p> <p>AM_Snack: Turmeric Tonic War Bar™</p> <p>Lunch: Shrimp & Chorizo Paella (MED)</p> <p>Free Day: Snap Kitchen has provided approx. half of your calories for the day.</p>	<p>20</p> <p>Breakfast: Beef Sausage & Eggs (MED) Chia Date Pudding</p> <p>AM_Snack: Necessity Blend</p> <p>Lunch: Meatless Meatballs with Marinara Roasted Broccolini</p> <p>Free Day: Snap Kitchen has provided approx. half of your calories for the day.</p>
<p>7</p> <p>Breakfast: Chicken Sausage Egg Tacos</p> <p>AM_Snack: Blueberry Chia Parfait</p> <p>Lunch: Goddess Of Green With Creamy Herb Dressing Grilled Chicken</p> <p>PM_Snack: Lemon Garlic Hummus Maya Kaimal Chickpea Chips</p> <p>Dinner: Naked Chicken (LG) Mashed Sweet Potatoes</p>	<p>14</p> <p>Breakfast: Southwest Breakfast Wrap Blueberry Chia Parfait</p> <p>AM_Snack: Caveman Quickies™ Omega-3</p> <p>Lunch: Grass-Fed Lamb Lasagna (LG)</p> <p>PM_Snack: Asian Chicken Noodle Salad</p> <p>Dinner: Turkey Meatloaf (LG)</p>	<p>21</p> <p>Breakfast: Banana Pancakes (MED) Hard Boiled Eggs</p> <p>AM_Snack: Seed Bar</p> <p>Lunch: Chicken Chile Enchiladas</p> <p>PM_Snack: Cranberry Applesauce Curried Chicken Salad</p> <p>Dinner: Slow Roasted Brisket Tacos Cranberry Applesauce</p>

*CONTAINS CHEESE