***FitWeekly Meal Plan***

**Breakfast:**

Granola Parfait

Pepperjack Biscuit Sandwich w/roasted vegetable eggs and tempeh bacon

Jamaican Apple Sage Sausage and Spinach Breakfast Patty w/Green Mango Protein Smoothie

Blueberry walnut Superfood Breakfast Bowl

**Lunch:**

Asparagus Risotto with butternut squash, kale and garlicky Corona Beans

Curry Apple Pear Soup w/Pesto Vegetable Sandwich

Greek Bright Salad w/crispy chickpeas, spinach, zucchini, almonds and tomatoes

General Tso’s Cauliflower over quinoa

**Snack:**

Walnut Chocolate Bread

Pumpkin Pie Muffin

Spiced kale chips and Pecans

Chinese Scallion Pancakes

**Dinner:**

Pineapple Tacos with fresh lime

Ginger Stir Fry w/brown rice

Lebanese Chickpeas w/ Mushrooms, Artichokes and Tomatoes

Vegetable stuffed Chile Rellenos over Mexican Rice