



SUGAR BALANCE

MEAL PLANS

WEEK 1

**WEEKLY MEAL PLAN SUMMARY
& DELICIOUS RECIPES**

WEEK 1 - MEAL PLAN SCHEDULE

Welcome to Week 1 of the Sugar Balance Meal Plan. Below you'll find a day by day meal plan along with delicious recipes and a shopping list of what to get for the week.

Week 1	Breakfast	Lunch	Dinner
Monday	Salmon & Cucumber	Asian Lettuce Wraps	Shrimp on Cauliflower Rice
Tuesday	Rainbow Omelet	Grilled Chicken Salad	Pork Chops & Bok Choy
Wednesday	Sizzling Steak & Zucchini	Zucchini "Pasta"	Chicken Breast & Cucumber
Thursday	Scrambled Eggs & Broccoli	Shrimp on Cauliflower Rice	Lamb Chops & Brussel Sprouts
Friday	Egg Cauliflower Couscous	Pork Chops & Bok Choy	Turkey & Cauliflower Mash
Saturday	Sizzling Steak & Zucchini	Turkey Taco Lettuce Wraps	Zucchini "Lasagna"
Sunday	Sunny Side Asparagus	Tuna Stuffed Red Peppers	Fish & Zucchini Chips