



SUGAR BALANCE

MEAL PLANS

WEEK 3

**WEEKLY MEAL PLAN SUMMARY
& DELICIOUS RECIPES**

WEEK 3 - MEAL PLAN SCHEDULE

Welcome to Week 3 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 3	Breakfast	Lunch	Dinner
Monday	Mediterranean Scrambled Eggs	Chicken Pesto Salad	Pork Chops & Garlic Spinach
Tuesday	Baked Zucchini Fritters	Roast Salmon & Cauliflower Salad	Baked Lemon Chicken & Fennel
Wednesday	Steak Breakfast Hash	Portobello Mushroom Eggs	Turkey & Pepper Basil Stir Fry
Thursday	Zucchini, Tomato & Basil Omelet	Grilled Chicken Romaine Salad	Baked Salmon & Bok Choy
Friday	Beef & Avocado Lettuce Wraps	Turkey Salad	Pizza Soup
Saturday	Sausage, Pepper & Cauliflower Fried Rice	One Pot Lemon Garlic Pork Chops & Asparagus Skillet	Turkey Stuffed Mushroom Caps
Sunday	Green Breakfast Omelet	Beef Zucchini Boats	Chicken and Broccoli Slaw with Peanut Sauce