



SUGAR BALANCE

MEAL PLANS

WEEK 4

**WEEKLY MEAL PLAN SUMMARY
& DELICIOUS RECIPES**

WEEK 4 - MEAL PLAN SCHEDULE

Welcome to Week 4 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 4	Breakfast	Lunch	Dinner
Monday	Pesto Cauliflower Breakfast Bowl	Chicken Pesto Salad	Steak with Mushroom Spicy Sauce
Tuesday	Mushroom, Kale & Egg Breakfast Plate	Curried Tuna Salad	Chicken Cacciatore
Wednesday	Egg & Veggie Stuffed Pepper	Asparagus and Tomato Egg Bake	Cilantro Lime Chicken with Avocado Salsa
Thursday	Tomato Avocado Salad	Pork Scallopini Roll Ups	Cajun Salmon with Cauliflower Rice
Friday	Avocado Tuna Salad	Zucchini Egg Muffins	Pork Steaks with Garlic Asparagus
Saturday	Breakfast Sausage & Egg Stack	Curried Chicken	Braised Cabbage with Chili
Sunday	Spinach Egg Muffins	Tumeric Chicken & Kale Salad	One Skillet Tilapia