



SUGAR BALANCE

MEAL PLANS

WEEK 5

**WEEKLY MEAL PLAN SUMMARY
& DELICIOUS RECIPES**

WEEK 5 - MEAL PLAN SCHEDULE

Welcome to Week 5 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 5	Breakfast	Lunch	Dinner
Monday	Avocado Egg Salad Lettuce Wraps	Beef and Zucchini Skillet	Asian Shrimp & Broccoli
Tuesday	Steak Breakfast Hash	Portobello Mushroom Eggs	Chicken and Broccoli Slaw with Peanut Sauce
Wednesday	Green Onion Sausage Egg Muffins	Curried Chicken	Roast Salmon & Cauliflower Salad
Thursday	Green Breakfast Omelet	Baked Salmon Salad	Fried Cauliflower Rice with Pork & Chicken
Friday	Rosemary Chicken Salad	Zucchini Egg Muffins	One Pot Lemon Garlic Pork Chops & Asparagus Skillet
Saturday	Zucchini, Tomato & Basil Omelet	Brussel Sprout, Avocado Bacon Salad	Spicy Turkey and Asparagus Stir Fry
Sunday	Mediterranean Scrambled Eggs	Tumeric Chicken & Kale Salad	Pork Chops & Garlic Spinach