



**SUGAR BALANCE**

# **MEAL PLANS**

## **WEEK 8**

**WEEKLY MEAL PLAN SUMMARY  
& DELICIOUS RECIPES**

# WEEK 8 - MEAL PLAN SCHEDULE

Welcome to Week 8 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 8	Breakfast	Lunch	Dinner
Monday	Avocado Egg Salad Lettuce Wraps	Beef And Zucchini Skillet	Asian Shrimp & Broccoli
Tuesday	Brussel Sprout Hash With Eggs	Cabbage & Brussel Sprout Slaw With Eggs	Korean Beef & Cauliflower Rice
Wednesday	Green Onion Sausage Egg Muffins	Bacon Wrapped Asparagus	Skillet Chicken & Baby Bok Choy
Thursday	Avocado Baked Eggs	Baked Salmon Salad	Fried Cauliflower Rice With Pork & Chicken
Friday	Rosemary Chicken Salad	Kale BLT Salad	Mediterranean Chicken & Vegetables
Saturday	Mushroom Omelet	Brussel Sprout, Avocado Bacon Salad	Spicy Turkey And Asparagus Stir Fry
Sunday	Sausage & Pepper Egg Muffins	Turkey Salad	Sizzling Salmon Cakes On Salad