



**JULY WEEK #3
MEAL PREP MENU
(WEEK OF JUL. 14TH - 20TH)**

1. STEAK STIR FRY +\$5

CALORIES 400 | PROTEIN(G) 23 | CARBS(G) 32 | FAT(G) 16 | FIBER(G) 4
WITH WHOLE GRAIN RICE, SAUTÉED CARROTS, ONIONS AND BROCCOLI

2. TERIYAKI SALMON +\$5

CALORIES 460 | PROTEIN(G) 32 | CARBS(G) 35 | FAT(G) 20 | FIBER(G) 5
WITH SWEET POTATO & BROCCOLI

3. SWEET AND SOUR TURKEY MEATBALLS

CALORIES 430 | PROTEIN(G) 28 | CARBS(G) 36 | FAT(G) 15 | FIBER(G) 4
WITH WHITE RICE AND GREEN BEANS

4. GRILLED LEMON PEPPER CHICKEN

CALORIES 440 | PROTEIN(G) 30 | CARBS(G) 34 | FAT(G) 16 | FIBER(G) 5
WHOLE GRAIN RICE AND BROCCOLI WITH LEMON BUTTER SAUCE

5. GREEK CHICKEN BOWL

CALORIES 420 | PROTEIN(G) 29 | CARBS(G) 32 | FAT(G) 14 | FIBER(G) 4
WITH WHOLE GRAIN RICE AND TOMATO CUCUMBER YOGURT

6. HONEY GARLIC CHICKEN

CALORIES 410 | PROTEIN(G) 28 | CARBS(G) 33 | FAT(G) 13 | FIBER(G) 5
WITH MASHED SWEET POTATO AND SPINACH