Dinner Meal Plan

Protein & Veggie + Starchy Carbs

Health Beet

	Protein	Veggie	Starchy Carb
Mon	Chicken breast, zucchini, onion, and Sweet Potato Hash		
Tues	Ground Turkey, Riced Cauliflower, and Zucchini		
Wed	Chicken fajitas (peppers, onions), with Corn		
Thurs	Chicken LoMein with Carrots, broccoli, and Spaghetti squash		
Fri	Steak, asparagus and baked potato		
Sat	Hawaiian Chicken with green salad and pineapple		
Sun	Turkey burgers on Lettuce with sweet potato homemade fries		